

City of Kirkland Parks & Community Services

Kirkland Parks



**Activities for
All Ages!**

including

Adults 50+

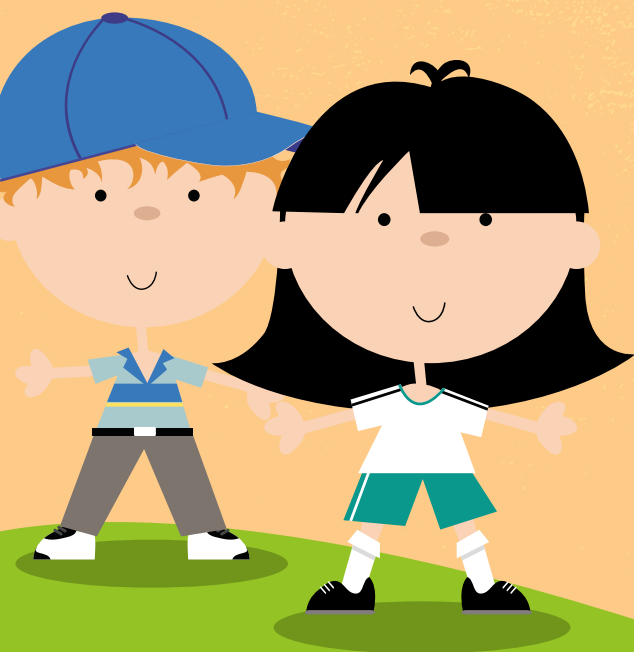
See Page 65

Peter Kirk Day Camper making
a splash at Houghton Beach
Camp info on page 3

experience it!

KirklandParks.net





DAY CAMPS!

JUNIOR SUMMER DAY CAMP

Camp is located at North Kirkland Community Center, 12421 103rd Ave NE

Ages 5 to 8 years

Junior Summer Day Camp is designed to meet the needs of the younger and new camper. Located at the North Kirkland Community Center, campers will have access to all the indoor and outdoor features of the center. Campers will enjoy exciting camp activities, which include arts, science, sports, games, wacky special events, and special guest visitors and entertainers. On hot days we will cool off with fun, water drenching activities. Special field trips include children summer concerts and swimming at Juanita Beach.

Week 1	We're Off To See The Wizard Hogwarts here we come! Guest: Imagine Children's Museum	June 23–27	R \$175 / Non R \$210	41914
		Extended Care	R \$35 / Non R \$40	41925
Week 2	Holiday Hooray Celebration Week Guest: Creation Station	June 30–July 3 No camp July 4 4 day camp	R \$140 / Non R \$168	41915
		Extended Care	R \$28 / Non R \$30	41926
Week 3	The Great Out'smores Scout & Scavenge Guest: Naturevision	July 7–11	R \$175 / Non R \$210	41916
		Extended Care	R \$35 / Non R \$40	41927
Week 4	The Hungry Games Creating & Cooking Field Trip: Farmer's Market Guest: Lady Yum • Guest: Karen Renfroe-Gielgens	July 14–18	R \$175 / Non R \$210	41917
		Extended Care	R \$35 / Non R \$40	41928
Week 5	Nocturnal Novelties Moon, Stars, Bats, & Black Lights Guest: Bats NW & Museum of Flight	July 21–25	R \$175 / Non R \$210	41918
		Extended Care	R \$35 / Non R \$40	41929
Week 6	Here Today – Gone to Maui Surf, Sand, & Sun Fun Guest: Jeanne Makanaokalani Porter's Hula Troupe Performance & Hula Lesson	July 28–Aug 1	R \$175 / Non R \$210	41919
		Extended Care	R \$35 / Non R \$40	41930
Week 7	Aerodynamic Adventures Floating, Flying, Gliding Guest: Museum of Flight	Aug 4–8	R \$175 / Non R \$210	41920
		Extended Care	R \$35 / Non R \$40	41931
Week 8	Kitchen Chemistry Science From The Cupboard Guest: KidsQuest Children's Museum	Aug 11–15	R \$175 / Non R \$210	41921
		Extended Care	R \$35 / Non R \$40	41932
Week 9	Game On Spunky Sports & Games Guest: The Game Truck	Aug 18–22	R \$175 / Non R \$210	41922
		Extended Care	R \$35 / Non R \$40	41933
Week 10	Magic Treehouse Travelers Oh The Places You Will Go! Guest: Interactive History Company	Aug 25–29	R \$175 / Non R \$210	41923
		Extended Care	R \$35 / Non R \$40	41934

All camp fees include a \$25 + tax non-refundable deposit. Junior Camp: Maximum 20 campers.

*** All Summer Day Camps will be charged WA State Sales Tax ***



PETER KIRK DAY CAMP

Camp is located at Peter Kirk Community Center, 352 Kirkland Ave

Ages 7 to 11 years

Kirkland's longest running day camp is back and more fun than ever! Campers enjoy arts, science, sports, games, weekly field trips to fun destinations and wacky special events led by trained staff. On a daily basis campers will explore Kirkland's many versatile parks and enjoy outdoor adventures. During our hot days, campers will cool off with visits to the beach and they visit Kirkland's outdoor swimming pool multiple times EVERY week. Our summer camp will help your child forge friendships and create memories that will last a lifetime.

Week 1	The Hungry Games Field Trip: Farmer's Market*	June 23–27	R \$175 / Non R \$210	40988
		Extended Care	R \$35 / Non R \$40	40998
Week 2	Party in the USA Field Trip: Coast Guard Museum*	June 30–July 3 (4 days only)	R \$140 / Non R \$168	40989
		Extended Care	R \$28 / Non R \$30	40999
Week 3	Space is the Place Field Trip: Museum of Flight*	July 7–11	R \$175 / Non R \$210	40990
		Extended Care	R \$35 / Non R \$40	41000
Week 4	It's a Jungle Out There Field Trips: Audubon Walk* The Bug Zoo Safari*	July 14–18	R \$175 / Non R \$210	40991
		Extended Care	R \$35 / Non R \$40	41001
Week 5	Raiders of the Lost ARTifact Field Trips: Creation Station* Olympic Sculpture Park*	July 21–25	R \$175 / Non R \$210	40992
		Extended Care	R \$35 / Non R \$40	41002
Week 6	Weird Science Field Trip: Space Needle Sky School*	July 28–Aug 1	R \$175 / Non R \$210	40993
		Extended Care	R \$35 / Non R \$40	41003
Week 7	Camp Rock Field Trip: Burke Museum*	Aug 4–8	R \$175 / Non R \$210	40994
		Extended Care	R \$35 / Non R \$40	41004
Week 8	Beach Blanket Bingo Field Trip: West Seattle Water Taxi and Alki Beach*	Aug 11–15	R \$175 / Non R \$210	40995
		Extended Care	R \$35 / Non R \$40	41005
Week 9	S'more Fun Field Trip: Century Link Field Tour*	Aug 18–22	R \$175 / Non R \$210	40996
		Extended Care	R \$35 / Non R \$40	41006
Week 10	Bummer! End of Summer! Field Trip: Mariner's Game*	Aug 25–29	R \$175 / Non R \$210	40997
		Extended Care	R \$35 / Non R \$40	41007

*All camp fees include a \$25 + tax non-refundable deposit. * Please note field trips are subject to change*

*** All Summer Day Camps will be charged WA State Sales Tax ***

Hours

Arrive at 8:45am (parents must sign in child daily). Camp activities start at 9 am Depart between 4pm to 5pm (parents must sign out child daily)

*Extended Care

Early morning 7:30–8:45am and extended care 5–6pm is available at the rate of \$35 Resident / \$40 Non-Resident per week. This service is not pro-rated; it is one weekly flat rate no matter how many hours are used.

Supplies

On a daily basis, please supply your child with labeled: walking shoes and socks, waterproof sun block, rain gear, extra shirt, sack lunch, beverage, afternoon snack, swimsuit and towel.

Health and Medications

A Day Camp Information Sheet must be filled out for each camper, indicating all health concerns, allergies, and limitations. The sheet will be mailed to you with your registration receipt. Please note that City of Kirkland staff is unable to dispense any type of medication to participants.

Registration Fees/Deposits

Full fee for your initial Summer Day Camp session is required upon registration (fee includes deposit of \$25 + tax). Additional session(s) may be reserved by paying a \$25 + tax non-refundable, non-transferable deposit per session per child. Deposit option not available for online registration. The remaining balance due must be paid by 4pm on Monday, at least two (2) weeks to the start of each session, otherwise the reserved spot and deposit will be lost.

*Camp Refund Policy *

The \$25 deposits for Junior and Peter Kirk Camp are non-refundable and non-transferable. For withdrawals, a refund/credit less the \$25 deposit will be granted if withdrawal request is received at least two (2) weeks prior to the start of camp. No refunds/credit will be granted with less than two (2) weeks' notice.

Registration

Online at www.kirklandparks.net by phone at **425.587.3336**, by mail, or in person at the following locations:

North Kirkland Community Center

12421 103rd Ave NE, Kirkland

Peter Kirk Community Center

352 Kirkland Avenue NE, Kirkland

Use the registration form on page 13 or register online at www.kirklandparks.net with full payment only.



USTA QUICKSTART YOUTH TENNIS CAMPS

Come join the Kirkland summer tennis program! From beginners to intermediate players, this program will improve your tennis skills as well as provide hours of fun. Our trained, experienced instructors will be using the USTA's QuickStart tennis program which promotes hands-on learning in a way that is enjoyable and rewarding. Students will participate in skill building activities, rallying and game

play. The program operates Monday through Thursday.

Children need to bring a water bottle and sunscreen. Parents need to be available to pick up children in the event of rain. Program days cancelled due to inclement weather will be held on Fridays. Players are encouraged to bring their own racquets but staff will have loaner racquets available.

MINI LESSONS

Location: Lake Washington High School Tennis Courts,
12033 NE 80th Street, Kirkland

Ages 6 to 7

Resident \$75 / Non Resident \$90

Mon–Thur	9–10:30am	June 23–26	40904
Mon–Thur	9–10:30am	June 30–July 3	40905
Mon–Thur	9–10:30am	July 7–10	40906
Mon–Thur	9–10:30am	July 14–17	40907
Mon–Thur	9–10:30am	July 21–24	40908
Mon–Thur	9–10:30am	July 28–31	40909
Mon–Thur	9–10:30am	Aug 4–7	40910
Mon–Thur	9–10:30am	Aug 11–14	40911
Mon–Thur	9–10:30am	Aug 18–21	40912



NEW LOCATION!
TENNIS CAMPS NOW
AT JUANITA BEACH

Half Day Tennis Camps

Lake Washington High Camp (LW)

Location: Lake Washington High School Tennis Courts,
12033 NE 80th Street • LW campers need to bring water,
sunscreen and a snack

HALF DAY • 3 hours • Resident \$95 / Non-Resident \$114

Ages 8 to 10

Mon–Thur	LW	9am–12pm	June 23–26	40913
Mon–Thur	LW	9am–12pm	June 30–July 3	40914
Mon–Thur	LW	9am–12pm	July 7–10	40915
Mon–Thur	LW	9am–12pm	July 14–17	40916
Mon–Thur	LW	9am–12pm	July 21–24	40917
Mon–Thur	LW	9am–12pm	July 28–31	40918
Mon–Thur	LW	9am–12pm	Aug 4–7	40919
Mon–Thur	LW	9am–12pm	Aug 11–14	40920
Mon–Thur	LW	9am–12pm	Aug 18–21	40921

Ages 11 to 14

Mon–Thur	LW	9am–12pm	June 23–26	40940
Mon–Thur	LW	9am–12pm	June 30–July 3	40941
Mon–Thur	LW	9am–12pm	July 7–10	40942
Mon–Thur	LW	9am–12pm	July 14–17	40943
Mon–Thur	LW	9am–12pm	July 21–24	40944
Mon–Thur	LW	9am–12pm	July 28–31	40945
Mon–Thur	LW	9am–12pm	Aug 4–7	40946
Mon–Thur	LW	9am–12pm	Aug 11–14	40947
Mon–Thur	LW	9am–12pm	Aug 18–21	40948

Full Day Tennis Camps

Peter Kirk Camp (PK)

Location: Peter Kirk Tennis Courts, 202 3rd Street, Kirkland
Full day camps held at Peter Kirk Tennis Courts will end
their day with an afternoon swim at the Peter Kirk Pool
• In addition to bringing water and sunscreen, JB campers
will also need to bring a snack and lunch, a bathing suit
and towel

Campers should be picked up at 2:30pm at the
Peter Kirk tennis courts

FULL DAY • 6 hours • Resident \$183 / Non-Resident \$220

Ages 7 to 10

Mon–Thur	PK	8:30am–2:30pm	June 23–26	40870
Mon–Thur	PK	8:30am–2:30pm	June 30–July 3	40888
Mon–Thur	PK	8:30am–2:30pm	July 7–10	40889
Mon–Thur	PK	8:30am–2:30pm	July 14–17	40890
Mon–Thur	PK	8:30am–2:30pm	July 21–24	40891
Mon–Thur	PK	8:30am–2:30pm	July 28–31	40892
Mon–Thur	PK	8:30am–2:30pm	Aug 4–7	40893
Mon–Thur	PK	8:30am–2:30pm	Aug 11–14	40894
Mon–Thur	PK	8:30am–2:30pm	Aug 18–21	40895

Ages 11 to 14

Mon–Thur	PK	8:30am–2:30pm	June 23–26	40879
Mon–Thur	PK	8:30am–2:30pm	June 30–July 3	40896
Mon–Thur	PK	8:30am–2:30pm	July 7–10	40897
Mon–Thur	PK	8:30am–2:30pm	July 14–17	40898
Mon–Thur	PK	8:30am–2:30pm	July 21–24	40899
Mon–Thur	PK	8:30am–2:30pm	July 28–31	40900
Mon–Thur	PK	8:30am–2:30pm	Aug 4–7	40901
Mon–Thur	PK	8:30am–2:30pm	Aug 11–14	40902
Mon–Thur	PK	8:30am–2:30pm	Aug 18–21	40903

Juanita Beach Tennis Camp (JB)

Location: Juanita Beach Park Tennis Court,
9703 NE Juanita Drive (across the street from Juanita Beach)
Full day camps held at Juanita Beach Park will end their day
with an afternoon swim at Juanita Beach • In addition to
bringing water and sunscreen, JB campers will also need to
bring a snack and lunch, a bathing suit and towel

Campers should be picked up at 2:30pm at
Juanita Beach

FULL DAY • 6 hours • Resident \$183 / Non-Resident \$220

Ages 7 to 10

Mon–Thur	JB	8:30am–2:30pm	June 30–July 3	40923
Mon–Thur	JB	8:30am–2:30pm	July 7–10	40924
Mon–Thur	JB	8:30am–2:30pm	July 14–17	40925
Mon–Thur	JB	8:30am–2:30pm	July 21–24	40926
Mon–Thur	JB	8:30am–2:30pm	July 28–31	40927
Mon–Thur	JB	8:30am–2:30pm	Aug 4–7	40928
Mon–Thur	JB	8:30am–2:30pm	Aug 11–14	40929
Mon–Thur	JB	8:30am–2:30pm	Aug 18–21	40930

Ages 11 to 14

Mon–Thur	JB	8:30am–2:30pm	June 30–July 3	40932
Mon–Thur	JB	8:30am–2:30pm	July 7–10	40933
Mon–Thur	JB	8:30am–2:30pm	July 14–17	40934
Mon–Thur	JB	8:30am–2:30pm	July 21–24	40935
Mon–Thur	JB	8:30am–2:30pm	July 28–31	40936
Mon–Thur	JB	8:30am–2:30pm	Aug 4–7	40937
Mon–Thur	JB	8:30am–2:30pm	Aug 11–14	40938
Mon–Thur	JB	8:30am–2:30pm	Aug 18–21	40939

*** WA State Sales Tax May Be Collected ***

SPRING BREAK CAMPS

APRIL 7-11

Lego® Jedi Engineering Spring Break Camp

NEW!

Ages 5 to 7 years

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining X-wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets. A new offering of original designs for young Jedi from Play-Well TEKnologies. Sign up early, this camp will go fast!

Location: NKCC • 1 week • Resident \$200 / Non-Res. \$240

Mon-Fri	1-4pm	Apr 7-11	40326
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Rhythmic Gymnastics & Creative Dance Spring Break Camp

Girls Ages 5 to 12 years

La Luna Rhythmic Gymnastics spring break camp is designed for the beginner and experienced gymnast. Rhythmic gymnastics with balls, ribbons, clubs, ropes, and hoops will be emphasized along with ballet preparation and creative dance. Two snacks are provided by the Academy. You provide a leotard, lunch and water bottle.

La Luna Rhythmic Gymnastics Instructors

Location: La Luna Academy 11251 120th Ave NE,

Ste 150, Kirkland • www.lalunagym.com

5 days • Resident \$185 / Non-Resident \$238

Mon-Fri	9am-4pm	Apr 7-11	40300
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For Campers Only - Extended hours (for the week) from 8-9am and 4-6pm, Resident \$35 / Non-Resident \$42

Mon-Fri	8-9am & 4-6pm	Apr 7-11	40312
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Spring Break Skyhawks Soccer Camp

Ages 6 to 12 years



Using our progression-based curriculum, our sport-specific staff will ensure your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Designed for beginner and intermediate players, this camp focuses on dribbling, passing, shooting, and ball control. By the end of the camp your child will have learned new life skills such as teamwork and sportsmanship, made new friends, and improved his or her sport skills.

Location: Emerson High School Field, 10903 NE 53rd St
Resident \$159 / Non-Resident \$191

Mon-Fri	9am-3pm	Apr 7-11	41320
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Spring Break Advantage Basketball Camp

Ages 6 to 17 years

Learn from the pros! Advantage Basketball Camps are nationally recognized as one of the top ball handling and shooting camps in the world. Advantage Basketball Camps were named by "Sports Illustrated Kids" as one of the top camps in the country. Your child will develop a good work ethic and learn life lessons that they will carry with them after the camp has concluded. Our students will build on their ball-handling skills by learning lightning-quick, one-handed moves off the dribble.

Location: Advantage Basketball Training Facility
14445 NE Juanita Drive, Kenmore
Resident \$195 / Non-Resident \$234

Mon-Fri	9am-5pm	Apr 7-11	40950
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*** WA State Sales Tax May Be Collected ***

SUMMER CAMP



Mini Morning Summer Camp!

Giggles & Grins

Ages 3 to 4½ years

This 4-day "mini" camp is fun with creative, quirky, messy, wonderful art! But that's not all—we will play games, go on adventures through the power of stories, and make new friends! Each week is a different theme. Sign up for all summer! Space limited to eight campers.

Child **MUST** be potty trained • Dress for a mess and wear close toed shoes—no flip flops or sandals please

Bring a snack and drink for the day • Location: NKCC

4 days • Resident \$90 / Non-Resident \$108 per session

<i>Octopus' Garden Under The Sea</i>	9:30am—Noon	Mon—Thur June 23–26	41945
<i>Red, White & Glue Patriotic Party</i>	9:30am—Noon	Mon—Thur June 30–July 3	41946
<i>Dizzy for Disney Feature Fun</i>	9:30am—Noon	Mon—Thur July 7–10	41947
<i>Fairy Tales & Tutus Wings, Wands & Glass Slippers</i>	9:30am—Noon	Mon—Thur July 14–17	41948
<i>Growl, Grunt, Squeak, Squawk Grrrranimals</i>	9:30am—Noon	Mon—Thur July 21–24	41949
<i>Dinosaurs & S'mores Prehistoric Play</i>	9:30am—Noon	Mon—Thur July 28–31	41950
<i>Sand Pals Beach Fun</i>	9:30am—Noon	Mon—Thur Aug 4–7	41951
<i>Greetings, Earthlings Space Adventures</i>	9:30am—Noon	Mon—Thur Aug 11–14	41952



Summer Theatre Camps for Wee Ones at NKCC!

Ages 4 to 6 years Let your imagination run wild in theater camp! Camps feature drama, vocal work, movement, music, and a daily visit to the park. Each week will end with a short performance, featuring your own little stars! Camp sizes are limited to 8 children!



Bring a snack and water bottle to camp each day, dress in comfortable clothes that are easy to move in, and wear close-toed shoes • No flip-flops or sandals please • Location: North Kirkland Community Center and Park

Little Mermaids (Mermaids in Training)

Ages 4 to 6 years

Out in the ocean, and far under the waves, live the littlest mermaids in their castle-like caves. The caves made of coral with colors so bright that they light up the ocean without the daylight. You'll swim with the mermaids and their friends from the sea, and after a week, you will decree, for dinner, a craving, of shrimp and seaweed!

Resident \$120 / Non-Resident \$144

Mon-Fri	9:30am-12:30pm	June 23-27	41987
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Buccaneers, Buckaroos and Backhoes (Blue Collar Adventures)

Ages 4 to 6 years

The work week is long, but who's counting the days when you're up with the sun and under its rays. Clearing land with your backhoe, bulldozing too, construction is fun, but there's so much to do. And when construction is through a ship you will sail, to seek treasures afar, so bring a big pail. Then hop on your horse and we'll mosey out west to cavort with some cowboys, and lasso with the best.

Resident \$120 / Non-Resident \$144

Mon-Fri	9:30am-12:30pm	July 7-11	41988
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Monkey See Monkey Do (Animal Adventures)

Ages 4 to 6 years

It's a jungle out there, grab a vine and you'll see, if you swing on over to the chewing gum tree—Here the monkeys are boogieing, and the elephants play, their horns all together in their R & B way—The parrot and Macaw sing a colorful song, while the leopard and tigers soft shoe along. Come find your groove, be a part of the band, of jungle animals from a far-away land.

Resident \$120 / Non-Resident \$144

Mon-Fri	9:30am-12:30pm	July 14-18	41989
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Capture the Castle (Dragons, Knights & Damsels)

Ages 4 to 6 years

This damsel has problems, she's crying too loud, look up at her window, way up in the clouds. A dragon is guarding her, and it's getting quite hot; he's breathing out fire, and he's burping a lot. On your steed you will fly, through the night on your way, to deliver the Tums that will save the day. You see the dragon was sick, and that's why the heat, a reward from your damsel, Hershey's Kiss, what a treat!

Resident \$120 / Non-Resident \$144

Mon-Fri	9:30am-12:30pm	July 21-25	41990
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Cock-A-Doodle-You (Down on the Farm)

Ages 4 to 6 years

What's it like on a farm, is it fun, are there chores? Come with us and find out, throw open barn doors—It's a wonderful world, milking cows, feeding hens, collecting the eggs, and cleaning pig pens—Take the horse for a trot, visit all your old pals, then tuck pony away in his bedtime corral. It's been a long day, there's time for one thing, Old MacDonald of course, join in, let's all sing.

Resident \$120 / Non-Resident \$144

Mon-Fri	9:30am-12:30pm	July 28-Aug 1	41991
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Her Mini Majesty (Princess in Training)

Ages 4 to 6

Climb into your carriage the party awaits, you're off to the castle, through jewel crusted gates. A princess in training must know what to do, at a ball like no other, tennis shoes are taboo. Learn to dance like a princess, and dress like one too, and speak like a princess...bibbity, bobbity, boo.

Resident \$120 / Non-Resident \$144

Mon-Fri	9:30am-12:30pm	Aug 4-8	41992
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Computer Camps NEW!

Youth Tech strives to create a positive learning community that encourages creativity, fun and academic excellence. For more information about Youth Tech Inc. please visit our web site at www.youthtechinc.com.

Animation **NEW!**

Ages 7 to 10 years

In this class students will learn the basics of animation and digital design. Students who enjoy going to various sites to see fun interactive animations will love this course. This class will utilize Adobe's award winning animation software in Adobe Flash. Students will create fun interactive animations that they can share with the world.

A lab fee of \$5 is payable to instructor on the first day of camp and includes a T-shirt and CD of the camper's work • Bring a snack and water bottle • Location: NKCC Resident \$160 / Non-Resident \$192

Mon-Thur	11am-1:45pm	June 30-July 3	42380
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Video Game Design **NEW!**

Ages 7 to 10 years

This course provides students with a fun interactive look at the world of video game design and development. Students enrolled in this camp will learn the basics of video game design and produce several different interactive video games to share with their friends and family.

A lab fee of \$5 is payable to instructor on the first day of camp and includes a T-shirt and CD of the camper's work • Bring a snack and water bottle for the 11am camp Location: NKCC • Resident \$160 / Non-Resident \$192

Mon-Thur	2:15-4:45pm	June 30-July 3	42381
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Mon-Thur	11am-1:45pm	Aug 18-21	42382
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Web Design **NEW!**

Ages 7 to 10 years

This course is an in-depth look at the world of web design and development. Students enrolled in this session will learn how to build their own web site from start to finish using award winning suite of products. The learning for this camp does not end at the door; students will have access to their web site with free hosting for one year.

A lab fee of \$5 is payable to instructor on the first day of camp and includes a T-shirt and CD of the camper's work • Location: NKCC • Resident \$160 / Non-Resident \$192

Mon-Thur	2:15-4:45pm	Aug 18-21	42383
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Junior Engineering Camps

LEGO® Pre-Engineering Camp

Ages 5 to 6 years

Let your imagination run wild with over 100,000 pieces of LEGO®! Build engineer-designed projects such as boats, bridges, mazes, and motorized cars. Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well Instructor.

*Instructor: Play-Well TEKologies • Location: NKCC • 1 week
Resident \$200 / Non-Resident \$240*

Mon–Fri 1:30–4:30pm July 21–25 41993



LEGO® Engineering FUNdamentals Camp

Ages 7 to 11 years

Power up your engineering skills with Play-Well TEKologies and over 100,000 pieces of LEGO®! Apply real-world concepts in physics, engineering and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battletrack! Challenging for new and returning students.

*Instructor: Play-Well TEKologies • Location: NKCC • 1 week
Resident \$200 / Non-Resident \$240*

Mon–Fri 1:30–4:30pm July 14–18 41994

LEGO® Bashem' Bots Camp

Ages 7 to 11 years

NEW! Our Play Well Engineering instructors guide students in this advanced Play Well engineering camp, as they re-engineer standard vehicles into mechanized machines that can traverse challenging obstacles, battle against fellow bots, and take on Play Well TEKologies instructors' colossal creations.

*Instructor: Play-Well TEKologies • Location: NKCC • 1 week
Resident \$200 / Non-Resident \$240*

Mon–Fri 1:30–4:30pm Aug 4–8 41995

The Engineering of Travel

Ages 4 to 6 years

NEW! Guten Tag! Travel the world with Kelvin and our core of engineers as we explore The Engineering of Travel. Drive across the United States, build a boat to sail the Mediterranean, and fly to the Orient, in this fun engineering experience. Join us on an amazing adventure as we design planes, cars, boats, and rockets to travel the globe... and beyond!

*Instructors from Engineering for Kids • Location: NKCC
1 week • Resident \$195 / Non-Resident \$234*

Mon–Fri 9am–12noon Aug 25–29 42354

The Engineering of Power and Energy **NEW!**

Ages 4 to 6 years

In The Engineering of Power and Energy, join us as we look to ways to get things moving...no batteries required. Students explore the foundational concepts of potential and kinetic energy and will explore natural power and energy sources, such as falling water and the shining sun. Get ready for this energetic and engaging engineering experience!


*Instructors from Engineering for Kids • Location: NKCC
1 week • Resident \$195 / Non-Resident \$234*

Mon–Fri 1–4pm Aug 11–15 42355

Dovetail Associates Presents...

Animated Avatar Green Screen Videos Camp **NEW!**

Ages 9 to 13 years

 Spend the week somewhere “out of this world” as you plan and film yourself on a green screen, and then learn on our computers to digitally place yourself in an exotic location. Interact with an animated avatar “friend” or “foe” that you create. Also, adult family members (and siblings with an adult) have the **OPTION** to be a part of the camper's project! You are welcome to join us at our Tuesday afternoon green screen filming session if you so choose. Also, we invite you to attend our Friday afternoon “movie premier” time to view your camper's work.

*Please bring a water bottle and sack lunch • Instructors:
Dovetail Assoc. • Location: NKCC • Res \$248 / Non-Res \$298*

Mon–Fri 11:30am–4pm July 7–11 41997

Ice Skating



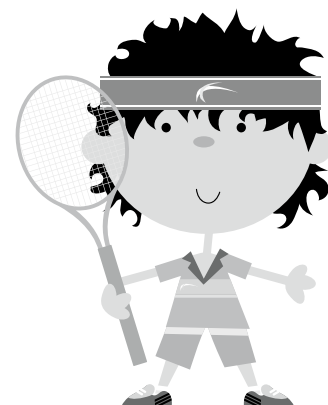
Leap Into Summer Ice Skating Camp

Ages 5 to 16 years

Whether you have never skated, or would like to or enhance your present skill level (figure skating or Ice Hockey) we encourage you to join us for a four day intensive camp. “Leap into Summer” is a unique opportunity to expose individuals to an assortment of skills classes both on and off the ice, in a fun and safe learning environment. Course contents will include the basic fundamentals of ice skating, spins, jumps, off ice training endurance, choreography, production and goal setting. In addition, skaters will perform on the last day of camp.

*Participants will be grouped by skating experience and age
• Rental skates are included • Helmets are recommended for beginners and not included • Location: SnoKing Arena located at 14326 124th Ave NE • Registration closes May 23
Resident \$165 / Non-Resident \$198*

Tues–Fri 12:30–4pm June 24–27 42330



TENNIS LESSONS

Youth Lessons Pg. 30

Adult Lessons Pg. 49

SUMMER CAMP FUN!

* WA State Sales Tax May Be Collected *

Jumpin' J's Jump Rope Camp!

Ages 6 to 12 years

The Jumpin' J's, a family based business comprised of current and former members of the world-champion Hot Dog USA jump rope team, are a group of energetic jump ropers who perform and teach jump rope skills. At jump rope camp, children will learn new skills, find fun ways to stay healthy through exercise, make friends and just have fun! Students will be taught single rope and partner skills, Double Dutch, long rope and specialty jumping. Children will be coached in performance techniques to share during a 30-minute show for family and friends on the last day.

Bring a water bottle and lunch, and wear loose, comfortable clothing and supportive athletic shoes
• Students may bring their own jump rope, borrow from the Jumpin' J's, or purchase a rope for \$5 on the first day
• Location: NKCC • Resident \$160 / Non-Resident \$192

Mon-Fri	11am-2pm	July 28-Aug 1	41955
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Cheerleading Camp

Ages 6 to 9 years

This camp is run by former college and professional cheerleaders Kellsie Steele from the San Francisco 49ers Goldrush, and Georgia Wall, former Seattle Seahawk Seagal! Learn cheers, chants, dances and jumps. Learn good cheerleading skills and values such as teamwork, trust, and friendship. The final day will be a performance for parents and family. All campers receive a set of pom poms!

Bring a water bottle and wear loose, comfortable clothing & tennis shoes • Location: NKCC • Res \$135 / Non-Res. \$162

Mon-Fri	1-4pm	July 21-25	41953
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Youth Fencing Camp: Anyone For A Duel?

COED: Ages 8 to 17 years

Now you can learn this exciting, fun, and exhilarating sport of Fencing here in Kirkland! Taught by the Washington Fencing Academy, you'll learn how to safely challenge each other to a duel while getting a superb workout. Our proven curriculum will help you achieve your goals—from beginner to competitor—in the flash of a blade!

Location: NKCC, 12421 103rd Ave NE
Resident \$165 / Non-Resident \$198

Mon-Fri	1-4pm	Aug 25-29	40968
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UK Elite Soccer Camp

COED: Ages 5 to 8 years

Join UK Elite, the "leaders in youth soccer education", for a weeklong soccer camp that combines fun and an educational soccer experience! Typical days will include mass games, structured practices, scrimmages and our World Cup Tournament to end each day. Professional coaches will ensure players have a memorable experience and improve their skills. Every player will receive a camp T-shirt along with a detailed player evaluation at the end of the week.

Location: Crestwoods Soccer Field, 1818 6th Street
Please bring shin guards

HALF DAY • Resident \$150 / Non-Resident \$180

Mon-Fri	9am-12pm	July 7-11	40971
Mon-Fri	9am-12pm	Aug 18-22	40973

FULL DAY • Full day campers will need a lunch (no fizzy drinks please), sunscreen, water, hat and a proper coat
Resident \$205 / Non-Resident \$246

Mon-Fri	9am-3pm	July 7-11	40972
Mon-Fri	9am-3pm	Aug 18-22	40974

UK Elite Soccer School

COED: Ages 8 to 14 years

U.K. Elite Soccer Schools are designed to take players 8-14 to the next level of skill. Our Schools prepare individual players for more advanced technical skills and an understanding of individual and group tactics. Our dynamic coaching methods taken from around the world will ensure every player makes significant improvements during the week. Every player will receive camp T-shirt along with a detailed player evaluation at the end of the week.

Location: Crestwoods Soccer Field, 1818 6th Street
Please bring shin guards

HALF DAY • Resident \$150 / Non-Resident \$180

Mon-Fri	9am-12pm	July 7-11	40975
Mon-Fri	9am-12pm	Aug 18-22	40977

FULL DAY • Full day campers will need a lunch (no fizzy drinks please), sunscreen, water, hat and a proper coat
Resident \$205 / Non-Resident \$246

Mon-Fri	9am-3pm	July 7-11	40976
Mon-Fri	9am-3pm	Aug 18-22	40978

**Mini Morning Camp for
ages 3 to 4½ years, see page 5**

Tiny Hawk Soccer

Ages 3½ to 5 years

The essentials of soccer are introduced in a fun, safe environment with lots of encouragement. Campers must be between 42 and 60 months of age and toilet trained in order to participate. Children will learn balance, body movement, hand/eye coordination, and skill development through a series of sport-specific games. All participants receive a merit award. The participant-to-coach ratio is approximately 6:1.

Participants should bring appropriate clothing, a water bottle, running shoes, and sunscreen • Location: Juanita Beach Park, 9703 NE Juanita Dr • Res. \$55 / Non-Res. \$66

Mon-Fri	12:30-1:15pm	June 23-27	40984
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Mini Hawk Multi-Sport Camp (Soccer, Baseball & Basketball)

Ages 4 to 7 years

This multi-sport program was developed to give children a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. All participants receive a T-shirt, ball and a merit award. The participant-to-coach ratio is approximately 8:1

Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen
Location: Juanita Beach Park, 9703 NE Juanita Dr
Resident \$139 / Non-Resident \$167

Mon-Fri	9am-12pm	June 23-27	40980
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Skyhawks Track & Field

Ages 6 to 12 years

Skyhawks Track & Field combines technical development, fundamental techniques, and safety with a major focus on fun! Using special equipment, our staff teaches the fundamentals of body positioning, stride, proper stretching, and cool-down techniques. Participants put it all together for one fun-filled day at the Skyhawks track meet! All participants receive a T-shirt and a merit award. The participant-to-coach ratio is approximately 14:1.

Participants should bring appropriate clothing, two snacks, a water bottle, running shoes, and sunscreen
• Location: Kirkland Middle School Track, 430 18th Ave, Kirkland • Resident \$139 / Non-Resident \$167

Mon-Fri	9am-12pm	July 21-25	40987
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Skyhawks Multi Sport Camp (Baseball & Flag Football)

Ages 6 to 12 years

Our multi-sport camp is designed to introduce athletes to a variety of different sports in one setting. For this program we combine baseball and flag football into one fun-filled week. Athletes will learn the rules and essentials skills of each sport along with vital life lessons such as respect and teamwork. All participants receive a T-shirt, sport ball, and a merit award.

The participant-to-coach ratio is approximately 12:1
• Participants should bring appropriate clothing, a lunch and snack, a water bottle, running shoes, a baseball glove, and sunscreen • Location: Emerson High School Field, 10903 NE 53rd St • Resident \$159 / Non-Resident \$191

Mon-Fri	9am-3pm	July 14-18	40981
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Skyhawks Beginning Golf Camp with S.N.A.G.

Ages 5 to 11 years

Campers will learn the fundamentals of swinging, putting, and body positioning. Skyhawks has adopted the SNAG (Starting New at Golf) system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided. All participants will receive a T-shirt and merit award.

Please bring a water bottle, 2 snacks and sunscreen to camp each day • Location: Crestwoods Soccer Field, 1818 6th Street

COED: Ages 5 to 8 Resident \$139 / Non-Resident \$167

Mon-Fri	9am-12pm	July 14-18	40982
Mon-Fri	9am-12pm	Aug 4-8	40983

COED: Ages 5 to 11 Resident \$139 / Non-Resident \$167

Mon-Fri	1pm-4pm	July 14-18	40985
Mon-Fri	1pm-4pm	Aug 4-8	40986



Yoga Camp For Kids

Ages 7 to 11 years

Yoga is a wonderful way for kids to increase their strength, flexibility, and balance. It helps them become aware of themselves and the connection we share between each other and all living things all contributing to a healthy mind and body and what's more, having fun doing it! Kids learn best when they are having fun and this camp is packed full of it! Full of dynamic yoga poses, fun props, games, and time to relax, this camp is sure to be a highlight this summer!

Please send your child in comfortable clothing that allows movement and a snack • Instructor: Dana Heinz-Skaggs

Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE)

Resident \$115 / Non-Resident \$138

Mon-Wed	10am-12:30pm	June 30- July 2	41954
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Ninja Turtle Camp

Ages 7 to 12 years

Kids will learn martial arts moves with safe props made of foam and wood. We use the Kama (foam sickle), Boken (wooden sword), and Nunchacku (foam nunchux) to teach students about respect and self-discipline. They will love the cool moves and you will love the life-skills they learn.

Wear loose comfortable clothing and pack a lunch!
Instructor and Location: Miller Martial Arts Academy, 8920 122nd Ave NE, Kirkland • 3 days
Resident \$99 / Non-Resident \$119

Mon, Wed, Fri	9am-2pm	June 23, 25, 27	41996
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Rhythmic Gymnastics & Creative Dance Camps

Girls Ages 5 to 10 years

La Luna Rhythmic Gymnastics Academy summer camps are designed for the beginner and experienced girl gymnast. Rhythmic gymnastics with balls, ribbons, clubs, ropes, and hoops will be emphasized along with ballet and creative dance. Outdoor activities will be incorporated along with lots of fun and play.

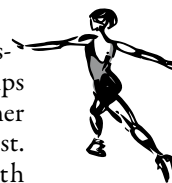
Two snacks are provided by the Academy • You provide a leotard, lunch, and water bottle • **Instructor and Location: La Luna Academy 11251 120th Ave NE Suite #150 Kirkland**
• www.lalunagym.com

Resident \$188 / Non-Resident \$226

Extended camp hours (by the week) from 8-9am & 4-6pm
Resident Extended Camp \$35 / Non-Resident \$42

Week of July 1-5 ONLY: 4 days, Res. \$168 / Non-Res. \$202, Extended Camp Resident \$28 / Non-Resident \$34

Wk 1	June 23-27	9am-4pm	41967
	Extended Care	8-9am & 4-6pm	41977
Wk 2	June 30-July 3 (No camp July 4)	9am-4pm	41968
	Extended Care	8-9am & 4-6pm	41978
Wk 3	July 7-11	9am-4pm	41969
	Extended Care	8-9am & 4-6pm	41979
Wk 4	July 14-18	9am-4pm	41970
	Extended Care	8-9am & 4-6pm	41980
Wk 5	July 21-25	9am-4pm	41971
	Extended Care	8-9am & 4-6pm	41981
Wk 6	July 28-Aug 1	9am-4pm	41972
	Extended Care	8-9am & 4-6pm	41982
Wk 7	Aug 4-8	9am-4pm	41973
	Extended Care	8-9am & 4-6pm	41983
Wk 8	Aug 11-15	9am-4pm	41974
	Extended Care	8-9am & 4-6pm	41984
Wk 9	Aug 18-22	9am-4pm	41975
	Extended Care	8-9am & 4-6pm	41985



Advantage Basketball Camp

Ages 6 to 17 years

Learn from the pros! Advantage Basketball Camps are nationally recognized as one of the top ball handling and shooting camps in the world for kids ages 6 to 17. Advantage Basketball Camps were named by "Sports Illustrated Kids" as one of the top camps in the country. Your child will develop a good work ethic and learn life lessons that they will carry with them after the camp has concluded. Our students will build on their ball-handling skills by learning lightning-quick, one-handed moves off the dribble.

Location: Advantage Basketball Training Facility, 14445 NE Juanita Drive, Kenmore • Resident \$195 / Non-Res \$234

Mon-Fri	9am-5pm	Aug 11-15	40949
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Northwest University Softball Camp

Ages 9 to 15 years

The Northwest University (NU) girls' softball camp will help young athletes better execute the fundamentals of fastpitch softball while having fun! The camp will cover the basics of throwing, fielding, baserunning, hitting, and bunting. The camp will be instructed by current softball head coach, John Bacon, and NU women's softball team. Campers will be divided based on age and skill level.

Athletes must provide their own softball gloves and bat, bring water and wear appropriate workout clothing
• Location: Everest Park Ball Fields, 500 8th Street S
Resident \$75 / Non-Resident \$90

Mon-Fri	9am-12pm	July 28-Aug 1	40951
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Are you harboring a fugitive?



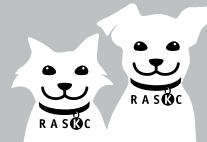
Make your pet legal. **GET 'EM LICENSED!**

A pet license:

- Reunites lost pets with owners
- Funds the care of shelter animals
- Complies with KC Code 11.04.030



License online at:
kingcounty.gov/pets



Regional Animal
Services of  King County



EASTSIDE | SUBARU



Mother's Day half marathon

Formerly the Kirkland Half Marathon



half marathon • 5K • kids dash

mother's day 2014


Sunday, May 11

momsdayhalfmarathon.com

In Support of:



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Third Generation Violin Maker

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Appraisals

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Rentals



**KIRKLAND
PARKS,
FACILITIES,
& TRAILS
GUIDE**

Community Services

Plan your next outing!

The Parks, Facilities, and
Trails Guide is Available Now!

Pick up your copy at the Parks Office,
NKCC, or PKCC. (Addresses on page 12)

ALSO AVAILABLE ONLINE AT:
www.kirklandwa.gov > City Service Center > Find a City Park

experience it!
 Kirkland Parks

experience it!



Dear Kirkland Community,

As a child do you remember the anticipation of summer vacation? Oh the adventures! Playing tag with your friends, swimming at the beach, sharing popsicles under the shade of a tree; for ten weeks you were explorers. Peter Kirk Camp (one of the oldest, established camps on the eastside) celebrates 35 years this summer, and it cultivates summer explorers. Located in the heart of Kirkland's downtown, the program has served generations of Kirkland families and exposed the community's abundant recreation amenities to countless young children. From swimming at Peter Kirk Pool and local beaches, to outside games and activities in many of our local parks, friendships are forged, memories created, and explorers are made.



Kirkland Parks and Community Services offer a variety of over 50 camps for ages 3–17. Choose from sports and theater, to computer and art. Take a look through this brochure and see how easy it is to encourage the explorer in your child this summer!

Kirkland Parks,

Jennifer Schroder, Director, Parks and Community Services

experience it!

Spring and Summer 2014

Kirkland Parks & Community Services
Recreation Classes and Services

Summer Camps!

For Kids of All Ages! 2

Registration Information. 12

Juanita Bay Park Events

All Ages 14

Parent & Child

Infant to 5 years 16

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3 to 6 years 20

Youth & Teens

6 to 16 years 26

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All Ages. 31

KTUB

13 to 19 years. 32

Youth Services

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All Ages. 35

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Adult Fitness

16 years and older. 52

Adult Dance

16 years and older. 56

Adult Special Interest

16 years and older. 59

Age 50+

Adults of All Ages 65

Facility Rentals

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SPEND YOUR SUMMER ON THE SAND!

New **Adult Beach Volleyball** at
Juanita Beach Park! Two divisions.
Games on Monday or Tuesday evenings.



CELEBRATING THE 11th YEAR OF KIRKLAND'S WALKING PROGRAM...

**PAGE
66**

**GET MOVING
WITH THE KIRKLAND
STEPPERS!**

AGE 50+ WALKING PROGRAM



Registration Options & Information

ONLINE: KirklandParks.net

When enrolling online, print your receipt when prompted.

WALK-IN

North Kirkland Community Center
12421 103rd Ave NE
425.587.3350

Peter Kirk Community Center
352 Kirkland Ave
425.587.3360

PHONE-IN

Please have class number and credit card information ready!

Monday-Friday
9:00am-4:00pm
425.587.3336

This number is for registration only. For questions or more information, please call one of the locations listed to the left.

MAIL IN

Send form & payment to:
123 Fifth Ave
Kirkland, WA 98033

FAX-IN

Fax form with credit card payment to:
425.587.3303
425.587.3354
425.587.3367

Peter Kirk Community Center Special Events

- Unless otherwise noted, special event tickets will be available until 5:00pm seven working days prior to the event (no tickets will be sold the day of the event).
- Special event tickets are not refundable or transferable.

Resident & Non-Resident Fee Structure

- Registrants with a Kirkland postal address are considered Residents. Non-Residents who work within the City limits are eligible for the resident rate.

Registration Information

- Registration is first come, first served. Online registration is your best opportunity for getting into the program of your choice!
- If mailing or faxing your registration, please put down an alternative in case your first choice class is full.
- Call our offices if you do not receive a confirmation within 7 days of mailing / faxing your request.

Registration Form

To the right on page 11 or download a PDF from: www.kirklandwa.gov/depart/parks/Recreation_Programs/currentbrochure.htm

Facility Information

Parks & Community Services Office

505 Market St, Suite A, Kirkland, WA 425.587.3300
Hours: Monday-Friday, 8:00am-4:00pm

North Kirkland Community Center (NKCC)

12421 103rd Ave NE, Kirkland, WA 425.587.3350

Peter Kirk Community Center (PKCC)

352 Kirkland Ave, Kirkland, WA 425.587.3360

Parks Maintenance & Operation Office

1129 8th St, Kirkland, WA 425.587.3340
Hours: Monday-Friday, 6:30am-3:30pm

Recreation Hot Line 425.587.3335

City Web Address

www.KirklandWA.gov

Kirkland City Council

Amy Walen, Mayor

Penny Sweet,
Deputy Mayor

Jay Arnold

Dave Asher

Shelley Kloba

Doreen Marchione

Toby Nixon

Kirkland Park Board

Adam White, Chair

Kevin Quille, Vice Chair

Sue Contreras

Shawn Fenn

Sue Keller

Ted Marx

Rick Ockerman

Jim Popolow,
Youth Representative

Accommodation of Disabilities

The City of Kirkland is committed to accommodating citizens with disabilities and special needs. Kirkland Parks and Community Services will make every reasonable effort to ensure that programs are accessible. If you need assistance participating in our activities, please call us at 425.587.3300. TTY/TTD 425.587.3111

Snow & Inclement Weather Policy

The safety of program participants is a prime consideration when determining if programs should be cancelled due to inclement weather. Parks Department classes and programs are cancelled when the Lake Washington School District closes due to inclement weather. For information regarding evening or weekend cancellations, please call:

North Kirkland Community Center
Programs 425.587.3350

Peter Kirk Community Center
Programs 425.587.3360

Recreation Hot Line 425.587.3335



Kirkland Parks Class Registration Form

Adult Name (Last)		(First)		(M.I.)	
Address			City		Zip
Day Phone		Evening Phone		Emergency Contact Name / Phone #	
Email address (Required to register online)			<input type="checkbox"/> Resident <input type="checkbox"/> Non-Resident		Are you over 50? <input type="checkbox"/> Yes <input type="checkbox"/> No
Please Note: IF you are claiming Resident Fees for working in City Limits you must provide Employee Name, Company Name & Address					
Employee Name:			Company Name & Address:		

Activity Title	Activity #	Fee	Participant Name		Child Date of Birth	M/F	Alternative Choice
			First	Last			

\$ Total

Hold Harmless Agreement

Indemnification. In consideration for myself and/or my child being allowed to participate in the subject activity, for myself, my heirs and personal representatives, to the extent allowed by law, I hereby waive and release all claims for damages I or my child now or may hereafter have against the City of Kirkland and their agents for any injuries and damages suffered in connection with my or my child's participation. I further agree to defend, indemnify and hold harmless the City of Kirkland and their agents for any injury and damages suffered in connection with my or my child's participation. I further agree to defend, indemnify and hold harmless the City of Kirkland and their agents from all claims for injury or death, or for loss or damage to property, filed by anyone against the City of Kirkland and their agents which arises out of my or my child's participation, except for injury or damage caused by the sole negligence of the City of Kirkland and their agents. I, the undersigned participant and/or parent or guardian of the minor participant, give my permission to have photos/video tapes taken, without recompense, during activities and used for publicity purposes.

Signature: _____ Date: _____

Signature of ☐ Parent ☐ Guardian ☐ Participant

Checks payable to: **City of Kirkland**
OR fill in Credit Card Information:



Card # _____

Exp. Date _____

Signature _____

Vision Statement

"The Department of Parks and Community Services continues to enrich and enhance Kirkland's quality of living. The Department sensitively and efficiently manages Kirkland's diverse public lands, actively responds to the leisure needs of all residents, and effectively leads a collaborative community response to basic human services. We strive for excellence, we project a positive and enthusiastic attitude, we are accountable for our actions and value the needs and concerns of co-workers, the public, institutions, and other agencies."

Disclaimer

This schedule of classes is published for information purposes only. We strive to produce the most accurate brochure possible. However, some program information may have changed after this brochure has gone to print. We will make every effort to notify students of the changes.

The City of Kirkland complies with the State of Washington's "Fair Play in Community Sports Act" (Chapter 467, 2009 Laws, effective date July 26, 2009) that prohibits discrimination against any person in a community athletics program on the basis of sex. Any questions or comments please contact Jennifer Schroder, Parks and Community Service Director.

Parks & Recreation Refund / Credit / Sales Tax

- Refund/credits are granted if request is made at least five (5) business days prior to the start of class, less a \$10.00 administrative fee. Fee applies to each class withdrawn. Please Note: Classes paid for by check or cash will be refunded by check and must be in amounts greater than \$10.00 (balances under \$10.00 will be held for one calendar year). Refunds to credit cards will be made for face amount of the credit and will be processed at the end of the class session.
- 100% Refund if class cancelled by Parks and Recreation.
- Class withdrawal requested less than five (5) business days prior to the start of class will result in a credit/refund of 50% of the registration fee, less a \$10.00 administrative fee. Fee applies to each class withdrawn.
- No refunds for classes costing less than \$10.00.
- No refunds/credits will be issued on or after the first day of class.
- Transfers must be requested five (5) business days prior to the start of class (except swim class notification of new level by swim instructor.)
- Online registrants please note: Parks and Recreation staff must process transfers. Online enrollments resulting in withdrawals are subject to withdrawal policies listed above. You can print your receipt when prompted to do so at end of registration process.
- Effective July 2011 the WA State Department of Revenue requires municipalities to collect and render retail sales tax for many amusement and recreation sports programs.

Juanita Friday Market



Fridays, June 6 - September 26, 2014
3pm to 7pm • 9703 NE Juanita Drive

Juanita Friday Market Schedule 2014

JUNE		JULY		AUGUST		SEPTEMBER	
6 th	13 th	11 th		1 st	8 th	15 th	5 th
20 th	27 th	18 th	25 th	22 nd	29 th		12 th
							19 th
							26 th

www.kirklandwa.gov/JuanitaFridayMarket



National Safe Place Program

North Kirkland Community Center and Peter Kirk Community Center

Friends of Youth recently presented the program to the Recreation Division. Recreation staff has been trained to respond if a youth would like to access Safe Place. North Kirkland and Peter Kirk Community Centers are now designated as Safe Place sites. In King County, Safe Place quickly connects runaway and homeless youth ages 12-17 to services, either by reuniting them with their family, providing them with emergency shelter or helping them access community resources. The Safe Place emblem will be displayed at the entrances of both community centers.



Juanita Bay Park Events

JUANITA BAY WILDLIFE TOURS

Apr 6, May 4, June 1, July 6, Aug 3

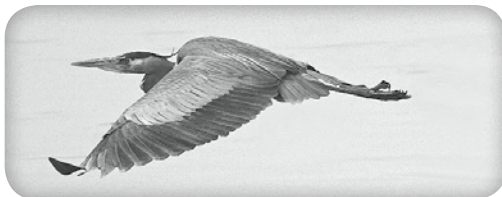


Photo: Ernie Brown

View and experience the hundreds of plant and animal species that inhabit the unique and spectacular Juanita Bay Park! Access and exploration opportunities abound with boardwalks, interpretive signs and observation areas which enhance our learning experience and appreciation for this unique setting. Join the Juanita Bay Park Volunteer Rangers for a free interpretive tour on the first Sunday of every month at 1:00pm beginning in the parking lot. No registration required. Remember to bring your binoculars. Free!

JUANITA BAY PARK BIRD WALKS

Apr 15, May 20, June 17, July 15, Aug 19

Join Mary Frances Mathis of the Eastside Audubon Society and the Juanita Bay Park Rangers for a relaxed morning walk in Juanita Bay Park, looking for any birds in the area.

Walks are at 8:00am and will be finished before lunch time. Bring binoculars and meet in the parking lot.

No registration is required. You may contact the Eastside Audubon Society for more information at 425.576.8805.



Photo: Ernie Brown



PO Box 3115, Kirkland, WA 98083-3115 425.576.8805
www.eastsideaudubon.org

Come meet us at Juanita Bay Park! 2201 Market Street, Kirkland

North Kirkland Community Center

NKCC

experience it!



**Classes and activities
for all ages and interests
on the following pages.**

Come join us!



- Parent/Child
- Preschool
- Youth & Teen
- Adult Fitness and Special Interest

Parent/Child Programs

Most classes held at: NKCC
North Kirkland Community Center
12421 103rd Ave NE ★ 425.587.3350

Parent/Child Class Requirements

- ★ Children must be able to follow directions and participate in small group settings with a parent present.
- ★ Please take your child to the bathroom before class.
- ★ No siblings other than infants in carriers; registered participants only.
- ★ Refer to class description for "no class" dates.
- ★ Please be on time!
- ★ Individual classes that are canceled due to instructor illness or emergencies will be made up the week following the end date of class, where the schedule allows. If the schedule does not allow for a make-up class, a credit will be issued.
- ★ Refund policy is on page 13



Wiggle Clap and Sing for Babies

Ages 1 to 15 months with parent

Play musically with your baby through bouncing and rocking songs, wiggle and peek-a-boo games, and dancing, moving, and singing! The foundation is laid for rhythm awareness, voice and language, and aural discrimination. Popular instructor Kate Fynn is an accomplished vocalist.

See www.wiggleclapandsing.blogspot.com

Instructor: Miss Kate • Location: NKCC

5 weeks • Resident \$36 / Non-Resident \$43

Sat	9:30–10:15am	Apr 19–May 17	42005
Sat	9:30–10:15am	May 31–June 28	42006
Sat	9:30–10:15am	July 12–Aug 9	42007



Wiggle Clap and Sing for Toddlers

Ages 15 months to 2 years with parent

An introduction to musical components such as rhythm, melody, and a variety of instruments. Express yourselves through music and body movement. This class is great for developing pre-math, pre-literacy, and social skills in every child!

See www.wiggleclapandsing.blogspot.com

Instructor: Miss Kate • Location: NKCC

5 weeks • Resident \$36 / Non-Resident \$43

Sat	10:25–11:10am	Apr 19–May 17	42009
Sat	10:25–11:10am	May 31–June 28	42010
Sat	10:25–11:10am	July 12–Aug 9	42011

Wiggle Clap and Sing for Everyone

Ages 1 month to 5 years with parent

Make sense of the world through rhythm and melody while becoming more familiar with instruments and songs. Your preschooler will gain social skills such as self control and listening, as well as pre-literacy skills. We will also have fun with music and body movement.

See www.wiggleclapandsing.blogspot.com

Instructor: Miss Kate • Location: NKCC

5 weeks • Resident \$36 / Non-Resident \$43

Sat	11:20am–12:05pm	Apr 19–May 17	42013
Sat	11:20am–12:05pm	May 31–June 28	42014
Sat	11:20am–12:05pm	July 12–Aug 9	42015

Move and Grow

Instructor Jessica Gleason has an extremely creative and joyful approach to teaching! She uses "Tummy Time," coordinated movement, and BrainDance rhymes to integrate the mind and body, while reinforcing the importance of movement in early life!

Move and Grow for Babies

Ages 2 months to pre-walking with adult

Enrich your child's first year of life. Learn fun activities for enjoying tummy time and make playful social/emotional connections. Build optimal brain development using nursery rhymes, instruments, multi-sensory props while moving to a wide variety of music!

Location: NKCC

8 weeks • Resident \$88 / Non-Resident \$106

Tue	11:30am–12:30pm	Apr 22–June 10	42034
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5 weeks • Resident \$55 / Non-Resident \$66

Tue	11:30am–12:30pm	July 8–Aug 5	42035
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Move and Grow for Toddlers

Ages walking to 30 months with adult

Dance with your child while exploring movement activities and practicing skills. A wide variety of music, props, rhythm instruments, BrainDance rhymes and an obstacle course add to the playful environment and learning.

Location: NKCC

8 weeks • Resident \$88 / Non-Resident \$106

Tue	9:30–10:30am	Apr 22–June 10	42036
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Tue	10:30–11:30am	Apr 22–June 10	42037
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5 weeks • Resident \$55 / Non-Resident \$66

Tue	9:30–10:30am	July 8–Aug 5	42038
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Tue	10:30–11:30am	July 8–Aug 5	42039
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Baby Boogie Woogie

Ages 12 months to 36 months with parent

In this musical class we will sing all the old favorites, make our own music with an assortment of fun instruments, and march to our own drummer! Teacher Karen Renfro-Gielgens has over 20 years experience teaching programs to our preschoolers.

Please take note of our age groups; you are now able to attend this class with your younger and older ones
• Instructor: Karen Renfro-Gielgens • Location: NKCC
4 weeks • No class 5/26 & 6/23 • Res \$29 / Non-Res \$35

12 to 18 months

Mon	9:15–10am	Apr 14–May 5	42042
Mon	9:15–10am	May 12–June 9	42043
Mon	9:15–10am	June 16–July 14	42048
Mon	9:15–10am	July 21–Aug 11	42049

12 to 36 months

Mon	10:10–10:55am	Apr 14–May 5	42044
Mon	11:05–11:50am	Apr 14–May 5	42046
Mon	10:10–10:55am	May 12–June 9	42045
Mon	11:05–11:50am	May 12–June 9	42047
Mon	10:10–10:55am	June 16–July 14	42050
Mon	11:05–11:50am	June 16–July 14	42052
Mon	10:10–10:55am	July 21–Aug 11	42051
Mon	11:05–11:50am	July 21–Aug 11	42053



Gardening

Parent/Child How Does Your Garden Grow

Ages 2 to 5 years with parent

Join this class for a fun hands-on exploration of how seeds grow, the work of bugs, the beauty of nature, and much more. Classes may include planting, outdoor exploration, and crafts. Dress warmly; this class will be conducted in the covered shelter area of our beautiful McAuliffe Park.

Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE)

Supply fee of \$8 payable to the instructor on the 1st day of class • Instructor: Miss Susie • 4 weeks
Resident \$29 / Non-Resident \$35

Wed	10–10:45am	May 21–June 11	42085
Wed	11–11:45am	May 21–June 11	42086

Parent/Child Art

Ages 2½ to 3½ years with parent

Monthly themed classes are a fun and affordable way for parents and children to explore the world of art. We'll provide all the tools like glue, glitter, paint, and dough to inspire your little ones to create their masterpieces. Dress to get messy in our indestructible Art Room!

Peep And Hop In April

Ages 2½ to 3½ years with parent

Spring has sprung and with it brings rainbow eggs and fluffy things. From yellow chicks and lop-eared bunnies to colorful nests made from the Sunday's funnies. You'll have a hopping good time in this parent/child art class!

NKCC • 3 weeks

Resident \$24 / Non-Resident \$29

Mon	9:30–10:15am	Apr 14–28	42063
Thur	10:30–11:15am	Apr 17–May 1	42064

Moonbeams In A Jar For May

Ages 2½ to 3½ years with parent

From twinkling stars to moons of clay, we'll travel along the Milky Way. And while we're creating art in space, we won't forget our momma's face. We'll take her swinging on a star, and bring her moonbeams home in a jar. It's such a sweet and messy way to celebrate her special day.

Location: NKCC • 3 weeks

Resident \$24 / Non-Resident \$29

Mon	9:30–10:15am	May 5–19	42065
Thur	10:30–11:15am	May 8–22	42066

Art Alphabet For June

Ages 2½ to 3½ years with parent

Chicka Chicka Boom Boom the book that you know; inspired this class so you'll learn and you'll grow.—Remember the letters and the coconut tree? Well we'll make them from scratch, it's creative you'll see.—The letters will pop, they'll create quite a stir; they'll be crafted from paint, and dough, and fur.—Then listen to a story starring your letter, and by the end of your class you'll know the alphabet better!

Location: NKCC • 3 weeks • Resident \$24 / Non-Resident \$29

Mon	9:30–10:15am	June 2–16	42067
Thur	10:30–11:15am	June 5–19	42068

Messy Art for Twos with Parent

2 year olds only with parent

Tickle your two year old's senses and play messy by smearing paint and kneading dough. Sensory and tactile play helps to develop self-expression and creativity while rewarding children with the emotional pleasures of "hands-on" art. Dress for a mess!

Instructors: Miss Monique & Miss Pam • Location: NKCC

3 weeks • Resident \$24 / Non-Resident \$29

Mon	10:30–11:15am	Apr 14–28	42054
Wed	9:30–10:15am	Apr 16–30	42055
Thur	9:30–10:15am	Apr 17–May 1	42056
Mon	10:30–11:15am	May 5–19	42057
Wed	9:30–10:15am	May 7–21	42058
Thur	9:30–10:15am	May 8–22	42059
Mon	10:30–11:15am	June 2–16	42060
Wed	9:30–10:15am	June 4–18	42061
Thur	9:30–10:15am	June 5–19	42062



Saturday Parent/Child Art

Ages 2 to 4 years with parent

What's more fun than Saturday morning cartoons? Saturday Art, of course! We've combined our Messy Art and Parent/Child Art classes to give you a messy experience creating in our house. From homemade play-dough to seasonal crafts, we'll do it all and the best part is...the mess stays here!

Instructor: Miss Lynne • 3 weeks • No class 5/24

Location: NKCC • Resident \$24 / Non-Resident \$29

Sat	9:30–10:15am	Apr 19–May 3	42069
Sat	10:30–11:15am	Apr 19–May 3	42070
Sat	9:30–10:15am	May 10–31	42071
Sat	10:30–11:15am	May 10–31	42072
Sat	9:30–10:15am	June 7–21	42073
Sat	10:30–11:15am	June 7–21	42074
Sat	9:30–10:15am	July 5–19	42077
Sat	10:30–11:15am	July 5–19	42078
Sat	9:30–10:15am	Aug 2–16	42079
Sat	10:30–11:15am	Aug 2–16	42080

Parent/Child Kids In Motion

Up and over, under and through, balls and streamers, tunnels and YOU!

Meet friends, build confidence and have FUN developing large muscle motor skills. This program progresses with your children... they'll be crawling, climbing, balancing, and bouncing their way through each class!

Location: NKCC

Parent/Child Motion I

Ages 18 to 26 months • Child must be walking!

5 weeks • Resident \$35 / Non-Resident \$42

Wed	9:15–10am	Apr 23–May 21	42103
Thur	9:50–10:35am	Apr 24–May 22	42104
Wed	9:15–10am	May 28–June 25	42105
Thur	9:50–10:35am	May 29–June 26	42106

6 weeks • Resident \$42 / Non-Resident \$50

Wed	9:15–10am	July 9–Aug 13	42107
Thur	9:50–10:35am	July 10–Aug 14	42108

Parent/Child Motion II

Ages 24 to 36 months

5 weeks • Resident \$35 / Non-Resident \$42

Wed	10:05–10:50am	Apr 23–May 21	42111
Thur	10:45–11:30am	Apr 24–May 22	42112
Wed	10:05–10:50am	May 28–June 25	42113
Thur	10:45–11:30am	May 29–June 26	42114

6 weeks • Resident \$42 / Non-Resident \$50

Wed	10:05–10:50am	July 9–Aug 13	42115
Thur	10:45–11:30am	July 10–Aug 14	42116

Parent/Child Preschool Cooking Series

Ages 2 to 5 years with parent

Classes will be held in the cozy kitchen at our beautiful McAuliffe Park, 10824 NE 116th St, Kirkland (To enter the park, head north on 108th Ave NE from NE 116th St, then turn into the first driveway on the right) Instructor Miss Susie will open up your child's eyes and senses as you peel, pour, shred, shake, bake, mash and more!

Itty Bitty Breakfast Club

Ages 2 to 5 years with parent

Can you give a pig a pancake, or a moose a muffin? Well maybe, if you learn to cook! Everyone knows that breakfast is the most important meal of the day. Mommy – it will chase away the tired, restless, and irritable grumpies! Join us as we give a tot a teacher, instructions, a recipe, friends...

Location: McAuliffe Park • Supply fee of \$6 payable to instructor Miss Susie • 3 weeks
Resident \$29 / Non-Resident \$35

Fri	9:30–10:30am	Apr 18–May 2	42087
Fri	10:45–11:45am	Apr 18–May 2	42088

Creating in the Kitchen with Karen, ages 3–5, see page 20

◀ **Kids in Motion, ages 28 mo–4yrs see page 24**

Dips & Sticks

Ages 2 to 5 years with parent

What's more fun than a dip in the pool? A dip that you make, sometimes hot, sometimes cool. The dip will be ready when you measure, pour, and mix, then the secret is the goody that you've put on sticks. Dip your stick, take a bite, and smack your lips with delight!

Location: McAuliffe Park • Supply fee of \$6 payable to instructor Miss Susie • 3 weeks • No class 5/23
Resident \$29 / Non-Resident \$35

Fri	9:30–10:30am	May 9–30	42089
Fri	10:45–11:45am	May 9–30	42090

Teddy Bear Picnic Fare

Ages 2 to 5 years with parent

Spend a bright spring day prepping and preparing a picnic. We'll pack our wicker basket, red-checked tablecloth, and invite the ants. So bring your favorite stuffed friend, and come along with us as we picnic and share a story outside (weather permitting) in McAuliffe Park. Please note that this class is a little longer so that we can pack and picnic, even if it has to be inside!

Location: McAuliffe Park • Supply fee of \$6 payable to instructor Miss Susie • 3 weeks
Resident \$32 / Non-Resident \$38

Fri	9:30–10:45am	June 6–20	42091
Fri	11am–12:15pm	June 6–20	42092

Party Time!

Have an hour of private play time at our outrageously fun indoor playground!

Enjoy the rest of your celebration in your very own private party room! Applications at: www.kirklandwa.gov under "How Do I Rent a Park/Facility"

Reserve Your Special Day!

425.587.3350

2 hours: Resident \$140 / Non-Res \$168
25 Children Max. • Sat. or Sun.

Rain or shine, have a playground party to celebrate your special day at the NKCC!

Ages 1 to 5



Story Time! Pajama Stories In The Park FREE!

Ages 2 to 7 years with parent

Finish your Friday Market shopping and picnic, and while the nights are still warm and before the stars start to show their twinkle, spread out your blanket and relax at beautiful Juanita Beach Park for Pajama Time Stories. Wear your jammies while you listen to our theater instructor, Miss Lauren, read enchanting children's stories in only the way a drama queen can! Memories like this are what your children will remember!

Location: Juanita Beach Park
Instructor: Lauren Hardin • Drop in program

Friday • 6:30pm

July 25 and Aug 22



Parent/Child Dance for Two Years

Twos In Tutus Creative Dance

Age 2 with parent

Don't wait until you're three to twirl in your tutu! Bring your mom in her sweats (it's ok), and twirl to the music in your own special way. And when you turn three, you'll be ready we bet, for Preschool Dance A and a pirouette!

Leather soled ballet slippers required • Location: NKCC

6 weeks • No class 5/23 & 7/4

Resident \$30 / Non-Resident \$36

Fri	9:45–10:15am	Apr 18–May 30	42093
Fri	10:30–11am	Apr 18–May 30	42094
Fri	9:45–10:15am	June 6–July 18	42095
Fri	10:30–11am	June 6–July 18	42096

5 weeks • Resident \$25 / Non-Resident \$30

Fri	9:45–10:15am	July 25–Aug 22	42097
Fri	10:30–11am	July 25–Aug 22	42098

Language

Sign With Your Baby

Ages 6 months to 2 years (pre-verbal) with adult

Did you know babies as young as six months of age can communicate with you before they speak clear words? Visually Speaking offers Baby Signing classes to hearing families using American Sign Language. You will be amazed at what your baby is telling you!

Location: NKCC • 6 weeks

Resident \$99 / Non-Resident \$119

NOTE: 2nd child in same family fee:

Resident \$60 / Non-Resident \$72

Thur	11–11:45am	Apr 17–May 22	42040
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Polly-Glots

Polly-Glots was founded in 2007 by a mom with a dream of offering engaging and affordable language immersion classes for children. For more information visit www.pollyglottots.com

Spanish For Preschoolers

Ages 1 to 5 years with parent

This Spanish immersion class integrates play, music, movement, and art to engage children and connect the foreign sounds and words to everyday items and activities. Vocabulary is provided so parents can reinforce the language outside of class. Class ages may be combined to prevent class cancellations.

Location: NKCC • 10 weeks • Res. \$168 / Non-Res. \$202

Ages 1 to 3 years

Wed	9:30–10:15am	Apr 16–June 18	42131
Thur	1–1:45pm	Apr 17–June 19	42132

Ages 1 to 5 years

Wed	10:30–11:15am	Apr 16–June 18	42133
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Ages 4 to 5 years – Parent Participation Optional

Thur	12–12:45pm	Apr 17–June 19	42134
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For French ages 5–9 years,
see page 21

Chinese for Preschoolers

Ages 1 to 5 years with parent

NEW! Lead by a native mandarin teacher, enjoy learning while singing, dancing, moving and engaging in fun art projects. The class is a full immersion class that allows you to capitalize on your child's prime time for language acquisition. It is great to see the children embrace the tonal language and its pronunciation. Class ages may be combined to prevent class cancellations.

Location: NKCC

Ages 1 to 3 years

Spring 10 weeks • Resident \$168 / Non-Resident \$202

Fri	9:30–10:15am	Apr 18–June 20	42135
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Summer 6 weeks • Resident \$134 / Non-Resident \$161

Fri	9:30–10:15am	July 11–Aug 15	42556
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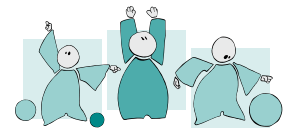
Ages 1 to 5 years

Spring 10 weeks • Res \$168 / Non-Res \$202

Fri	10:30–11:15am	Apr 18–June 20	42136
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Summer 6 weeks • Resident \$134 / Non-Resident \$161

Fri	10:30–11:15am	July 11–Aug 15	42557
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Indoor Playground

at North Kirkland Community Center

Drop-in Program \$3 per visit

Don't sit in the house—come out to play in our large multipurpose room where there's lots of room to run! There are "Little Tikes" and "Step2-type" pedal and push buggies, cars, roller coaster and coupes, pirate ship climber, climber with slide, toddler teeter totter, kitchen set, workbench, small riding toys, wagon, rockers, trike, octopus merry-go-round, and small toy cars and trucks. For Baby Playland on Wednesdays, we'll also include busy boxes, mats, and miscellaneous pull and push baby toys. Adults must supervise children at all times.



Apr 8–June 12

12421 103rd Ave NE, 425.587.3350

Ages 9 months–5 years:

Indoor Playground

Tuesday and Thursday, 10am–1pm

Ages 9 months–2 years:

Baby Playland

Wednesday, 11am–1pm

Fee \$3 per visit, per child at the door

*Please bring exact change • No 6 year olds, please!
Sorry, no snacks or drinks allowed in the multipurpose room • Convenient cost-saving Drop-In Punch Cards!*

\$25 for 10 visits. These make great gifts!

**Book a private party with
Indoor Playground toys!
See Page 18 for details.**



Preschoolers

Preschool Programs

Most classes held at: NKCC
North Kirkland Community Center
12421 103rd Ave NE ★ 425.587.3350

Preschool Class Requirements

- ★ Children must be able to follow directions and participate in small group setting without a parent.
- ★ Please take your child to the bathroom before class.
- ★ No siblings other than infants in carriers; registered participants only.
- ★ Refer to class description for "no class" dates.
- ★ Please be on time for drop-off & pick-up!
- ★ If we cancel an individual class, we will make it up when the schedule allows. If the schedule does not allow for a make-up class, a credit will be issued. No make-up are available for missed classes.
- ★ Refund policy is on page 13.

ABC & 123 "Preschool Fun For Everyone"

Ages 3 to 5 years

Miss Susie will teach letter and color recognition, number sequencing, science, seasons and art doing creative group and individual projects. There is a 1 to 8 teacher to student ratio.

Choose from a 1 hour or 1½ hour class • We recommend the 1 hour programs for beginners • Location: NKCC

Age 3 years • 5 weeks

Resident \$53 / Non-Resident \$64 (per session)

Tue	9:30–10:30am	Apr 15–May 13	42137
Tue	9:30–10:30am	May 20–June 17	42140

Ages 3 to 4 years • 5 weeks

Resident \$80 / Non-Resident \$96 (per session)

Tue	10:40am–12:10pm	Apr 15–May 13	42138
Tue	10:40am–12:10pm	May 20–June 17	42141

Ages 4 to 5 years • 5 weeks

Resident \$80 / Non-Resident \$96 (per session)

Tue	12:30–2pm	Apr 15–May 13	42139
Tue	12:30–2pm	May 20–June 17	42142



Creating In The Kitchen With Karen

Ages 3 to 5 years (children only)

Nurture curiosity in this tasty class where your child will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time!

Instructor: Karen Renfro-Gielgens • Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE) • \$10 supply fee payable to instructor • 8 weeks
No class 5/26 & 6/23 • Resident \$69 / Non-Resident \$83

Mon	2:30–3:30pm	Apr 14–June 9	42143
Mon	2:30–3:30pm	June 16–Aug 11	42145

For Creating in the Kitchen with Karen ages 4–8, see page 26

Art Adventures (Parent Participation Optional)

Ages 3 to 5 years

You're a little bit older, and now ready for this, a safari in art you won't want to miss. So lace up your boots, on a hunt we will go, that will take us through paint lands and mountains of dough. We'll capture the colors and textures and more, and release them to projects you're sure to adore.

Instructor: Miss Pamela • Location: NKCC • 3 weeks
Resident \$24 / Non-Resident \$29

Wed	10:30–11:15am	Apr 16–30	42147
Wed	10:30–11:15am	May 7–21	42148
Wed	10:30–11:15am	June 4–18	42149

Science/Art Series for 3's

Science/Art for 3 Year Olds!
New Longer Class!

A Science/Art Experience

This science and art series concentrates on exploring, discovering, and nurturing your preschool students' curiosity about the world around them. We will focus on problem solving, making guesses and estimates, and developing observation skills. Each series will have a variety of 'hands-on' and interactive themes! Learning will always be followed by a creative art project.

Animals that Come from Eggs

Age 3 years

NEW! Chickens are not the only animals that come from eggs. In this class we will not only talk about which species come from eggs but also what is an egg. What are the different parts of an egg? Each class will be followed by an art project featuring our spotlighted animals, and of course eggs!

Instructor: Miss Melissa • Location • 3 weeks
Resident \$39 / Non-Resident \$47

Thur	1–2pm	Apr 17–May 1	42151
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Opposites **NEW!**

Age 3 years

Classifying objects is great fun and discovering their opposites is fun as well. Children will discover and explore the differences between night and day, color contrasts, sweet and sour and much more. They will follow up their natural science activity with an exploration of art.

Instructor: Miss Melissa • Location • 3 weeks
Resident \$39 / Non-Resident \$47

Thur	1–2pm	May 15–29	42152
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Wormology 101 **NEW!**

Age 3 years

That's right! Your little scientist will be busy learning about not only the common earthworm but other worms as well. These invertebrates eat organic material in the soil and help irrigate and fertilize our gardens. While we won't have time to investigate all 4,400 species of worms, we will be sure to experiment on the common gummy worm and bring home our own personal wormery.

Instructor: Miss Melissa • Location • 3 weeks
Resident \$39 / Non-Resident \$47

Thur	1–2pm	June 5–19	42153
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Science/Art Series for 4 to 5's

Seasons

A Science/Art Experience
Ages 4 to 5 years

Winter, spring, summer and fall! Your little meteorologist will enjoy discovering the reasons for the seasons. They will discover how the earth rotates on its axis and how that helps sustain life on the planet. They will follow up their earth science activity with an exploration of art, experiencing watercolors, pastels, paints and clay.

Instructor: Miss Melissa • Location • 5 weeks • No class 4/8
Resident \$72 / Non-Resident \$86

Tue	10:30am–12pm	Apr 1–May 6	42155
Tue	12:30–2pm	Apr 1–May 6	42156

Recycling Detectives **NEW!**

A Science/Art Experience
Ages 4 to 5 years

By the end of this session your environmentalist will have discussed the importance of recycling, learned about the impact that garbage has on the environment and be able to identify recyclable materials. Of course, we must practice what we learn so all of our artwork for this session will feature recycled items.

Instructor: Miss Melissa • Location • 5 weeks
Resident \$72 / Non-Resident \$86

Tue	10:30am–12pm	May 20–June 17	42157
Tue	12:30–2pm	May 20–June 17	42158



Science/Art Summer Sensation Workshops

A Science/Art Experience

Ages 4 to 5 years

During the summer these quick and magical weeks will spark the inquisitive and creative nature in your child while incorporating fun science and experiments in art. Miss Melissa has a wonderful way with children and will share her knowledge and sense of adventure with your child in the beautiful surroundings of McAuliffe Park. Sign up early for one or both of these magical weeks; space is limited to 6!

Instructor: Miss Melissa • Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE)

Bugs

A Science/Art Experience
Ages 4 to 5 years

Ants, spiders, butterflies! What's the difference between an insect and an arachnid? What are the life cycles of insects? Children will explore these buggy ideas as they enter the fascinating world of insects and bugs! They will follow up their natural science activity with an exploration of art, experiencing watercolors, pastels, paints, and clay. Don't miss out as we watch insects first hand and explore the wonders of science and art!

1 week • Resident \$75 / Non-Resident \$90

Mon–Fri	10–11:30am	July 14–18	42161
Mon–Fri	12–1:30pm	July 21–25	42162

Animal Grossology **NEW!**

A Science/Art Experience
Ages 4 to 5 years

Face it, sometimes science is gross, especially when you are studying animals. In this series we will investigate blood suckers, scat, snot and the importance of vomit. Every class will be sure to gross and followed by a fun take home activity that they will love to share!

1 week • Resident \$75 / Non-Resident \$90

Mon–Fri	12–1:30pm	July 14–18	42163
Mon–Fri	10–11:30am	July 21–25	42164

Engineering For Kids

Junior Civil Engineering: Fun Foundations **NEW!**

Ages 4 to 6 years

The Junior Civil Engineering program is designed to introduce young engineers to the job of a civil engineer, the field of civil engineering, and basic concepts of engineering as it relates to building and construction. Through open discussion and focused exploration, students will design and construct their own skyscrapers, bridges, and a house designed to withstand the blows of The Big Bad Wolf!

\$35 supply fee payable to instructor

Instructor: Engineering for Kids • Location: NKCC
6 weeks • Resident \$90 / Non-Resident \$108

Wed	1–1:45pm	Apr 16–May 21	42166
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Language Polly-Glots

Polly-Glots was founded in 2007 by a mom with a dream of offering engaging and affordable language immersion classes for children.

French For Children

Ages 5 to 9 years parent participation optional

This French immersion class integrates play, music, movement, and art to engage children and connect the foreign sounds and words to everyday items and activities. Vocabulary is provided so parents can reinforce the language outside of class.

Instructor: Frederique Battestini / Polly-Glots
Location: NKCC

10 weeks • No class 5/24

Resident \$168 / Non-Resident \$202

Sat	10–10:45am	Apr 19–June 28	42167
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6 weeks • Resident \$134 / Non-Resident \$161

Sat	10–10:45am	July 12–Aug 16	42168
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For Parent/Child Spanish and Chinese ages 1–5 years, see page 19

Preschoolers

Preschool Music

Move Over Mozart Piano Classes

Ages 3 to 6 years

Learn to play familiar tunes on the piano, read music, and, basic music theory. Class recitals throughout the year are optional. Having a piano at home is not a requirement; instruction on community center piano or keyboard is included in instruction. A one-time \$10 materials fee is payable to instructor and due at first class.

Class size is limited to 6 (additional classes may be added based on waiting lists) • For more information visit moveovermozart.net • Location: NKCC

9 weeks • No class 5/26 • Resident \$81 / Non-Resident \$96

Preschool Ages 3 to 4 years

Mon	4–4:30pm	Apr 14–June 16	42169
Mon	5–5:30pm	Apr 14–June 16	42170

Grade K-1; Ages 5 to 6 years

Mon	4:30–5pm	Apr 14–June 16	42173
Mon	5:30–6pm	Apr 14–June 16	42174

10 weeks • Resident \$89 / Non-Resident \$107

Preschool Ages 3 to 4 years

Thur	4–4:30pm	Apr 17–June 19	42171
Thur	5:30–6pm	Apr 17–June 19	42172
Mon	4–4:30pm	June 23–Aug 25	42178
Mon	5–5:30pm	June 23–Aug 25	42179
Thur	4–4:30pm	June 26–Aug 28	42180
Thur	5:30–6pm	June 26–Aug 28	42181

Grade K-1; Ages 5 to 6 years

Thur	4:30–5pm	Apr 17–June 19	42175
Thur	6–6:30pm	Apr 17–June 19	42176
Mon	4:30–5pm	June 23–Aug 25	42182
Mon	5:30–6pm	June 23–Aug 25	42183
Thur	4:30–5pm	June 26–Aug 28	42184
Thur	6–6:30pm	June 26–Aug 28	42185

For Move Over Mozart classes for ages 5–12 years, see page 26



Preschool Dance

NOTE: See page 19 for Dance Class for Two Year Olds with Parent!

Preschool Ballet A

Ages 3 to 4½ years with no previous dance experience

This exciting introduction to creative dance emphasizes musical expression, coordination and movement exploration. Mirrors and music create an enchanting dance environment. Parents may join us for the last class to watch and take pictures.

Ballet slippers required! • Location: NKCC

Spring 9 weeks • No class 5/24 & 5/26

Resident \$64 / Non-Resident \$77

Mon	9:45–10:30am	Apr 14–June 16	42187
Sat	9–9:45am	Apr 19–June 21	42191
Sat	9:50–10:35am	Apr 19–June 21	42192

Spring 10 weeks • Resident \$72 / Non-Resident \$86

Wed	10:30–11:15am	Apr 16–June 18	42188
Wed	11:25am–12:10pm	Apr 16–June 18	42189
Thur	10:20–11:05am	Apr 17–June 19	42190

Summer 8 weeks • Resident \$57 / Non-Resident \$68

Mon	9:45–10:30am	June 30–Aug 18	42193
Wed	10:30–11:15am	July 2–Aug 20	42194
Wed	11:25am–12:10pm	July 2–Aug 20	42195
Thur	10:20–11:05 am	July 3–Aug 21	42196
Sat	9–9:45am	July 5–Aug 23	42197
Sat	9:50–10:35am	July 5–Aug 23	42198

Preschool Ballet B

Ages 4 to 6 years

Older preschoolers and children with previous dance experience will explore musicality, artistic expression and a repertoire of dance steps. Parents may join us for the last class to watch and take pictures.

Ballet slippers required! • Location: NKCC

Spring 9 weeks • No class 5/24 & 5/26

Resident \$64 / Non-Resident \$77

Mon	11:25am–12:10pm	Apr 14–June 16	42199
Sat	10:40–11:25am	Apr 19–June 21	42201

Spring 10 weeks • Resident \$72 / Non-Resident \$86

Thur	11:15am–12pm	Apr 17–June 19	42200
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Summer 8 weeks • Resident \$57 / Non-Resident \$68

Mon	11:25am–12:10pm	June 30–Aug 18	42202
Thur	11:15am–12pm	July 3–Aug 21	42203
Sat	10:40–11:25am	July 5–Aug 23	42204

For Hula ages 5–10 years, see page 28

Preschool Ballet/Tap Combo A

Ages 3 to 4½ years

Remember your first pair of shiny black tap shoes? We do! Tap was so much fun we added it to our Preschool Ballet Class! This class will introduce the very beginning movements of ballet and the toe tapping sounds of tap. Parents may join us for the last class to watch and take pictures.

Ballet slippers and tap or dress shoes required!

Location: NKCC

Spring 9 weeks • No class 5/24

Resident \$64 / Non-Resident \$77

Mon	10:35–11:20am	Apr 14–June 16	42205
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Spring 10 weeks • Resident \$72 / Non-Resident \$86

Thur	9:30–10:15am	Apr 17–June 19	42206
Thur	4–4:45pm	Apr 17–June 19	42207

Summer 8 weeks • Resident \$57 / Non-Resident \$68

Mon	10:35–11:20am	June 30–Aug 18	42208
Thur	9:30–10:15am	July 3–Aug 21	42209
Thur	4–4:45pm	July 3–Aug 21	42210

Preschool Ballet/Tap Combo B

Ages 4 to 6 years

Ballet and tap are explored in this class for the older preschooler and also for children with previous dance experience. Parents may join us for the last class to watch and take pictures

Ballet slippers and tap or dress shoes required! • Loc: NKCC

Spring 10 weeks • Resident \$72 / Non-Resident \$86

Wed	12:15–1pm	Apr 16–June 18	42211
Thur	4:50–5:35pm	Apr 17–June 19	42212

Summer 8 weeks • Resident \$57 / Non-Resident \$68

Wed	12:15–1pm	July 2–Aug 20	42214
Thur	4:50–5:35pm	July 3–Aug 21	42215

Keiki Hula

Ages 5 to 8

Students will learn the basic foot and hand motions of the hula with emphasis on posture and timing. They will sing and learn the story of their hula along with a few Hawaiian words that pertain to their dance. Please wear shorts and T-shirts to class.

Instructor: Jeanne Makanaokalani Porter • Location: NKCC

10 weeks • Resident \$71 / Non-Resident \$85

Wed	5:30–6:15pm	Apr 16–June 18	42219
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6 weeks • Resident \$43 / Non-Resident \$52

Wed	5:30–6:15pm	July 9–Aug 13	42221
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Jazz For Children

Ages 3 to 4 ½ years

Jazz—It's fun, upbeat, and allows for just enough "free dance." This might be the perfect combination class because ballet techniques are taught through jazz. Start with a simple warm up followed by intros to turns, kicks, and leaps, with time for free form expression. Parents may join us for the last class to watch and take pictures.

Ballet slippers required • Location: NKCC

Spring 10 weeks • Resident \$72 / Non-Resident \$86

Wed	9:40–10:25am	Apr 16–June 18	42217
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Summer 8 weeks • Resident \$57 / Non-Resident \$68

Wed	9:40–10:25am	July 2–Aug 20	42218
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Keiki Hula, ages 8 to 10: Page 28

Hip Hop, ages 5 to 7: Page 28

Cheerleading, ages 5 to 8: Page 27



Cheerleading

Pee Wee Cheer

Ages 3 to 5 years

YOU CAN DO IT, YES YOU CAN! Join our Cheer Coach for a cheerleading class that is geared toward your peppy preschooler. Pee Wee cheerleaders will learn cheers and chants formatted for beginners. New routines each session! Parents may join us on the last day of class to see what we have learned.

Wear loose comfortable clothing and tennis shoes

Location: NKCC • 6 weeks • Resident \$42 / Non-Resident \$50

Tues	3:15–4:00pm	Apr 15–May 20	42223
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Preschool Sports and Fitness



Little Tumblers 1

Ages 3 to 4 years

FUNDamental tumbling is geared toward the 3 and 4 year old preschooler. Basic tumbling skills are taught on floor mats. Introduction to low balance beam, bar, and trampoline. The emphasis in this class is placed on coordination, technique, and FUN!

*Please dress comfortably in shorts, T-shirts or leotards
No clothing with buttons or zippers.*

6 weeks • No class 7/4 • Location: NKCC

Resident \$43/ Non-Resident \$52

Mon	4–4:45pm	Apr 14–May 19	42228
Fri	10:30–11:15am	Apr 18–May 23	42230
Fri	11:30am–12:15pm	Apr 18–May 23	42231
Mon	4–4:45pm	June 2–July 7	42229
Fri	10:30–11:15am	June 6–July 18	42232
Fri	11:30am–12:15pm	June 6–July 18	42233

5 weeks • Location: NKCC • Resident \$36/ Non-Resident \$43

Mon	4–4:45pm	July 21–Aug 18	42236
Fri	10:30–11:15am	July 25–Aug 22	42237
Fri	11:30am–12:15pm	July 25–Aug 22	42238

Little Tumblers 2

Ages 4 to 6 years

For children with previous tumbling experience only. Review tumbling skills and advance to the next level with additional work on all apparatus.

*Please dress comfortably in shorts, T-shirts or leotards
No clothing with buttons or zippers.*

6 weeks • Location: NKCC • Resident \$43/ Non-Resident \$52

Mon	4:50–5:35pm	Apr 14–May 19	42244
Mon	4:50–5:35pm	June 2–July 7	42245

5 weeks • Location: NKCC • Resident \$36/ Non-Resident \$43

Mon	4:50–5:35pm	July 21–Aug 18	42246
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Mighty Mite Martial Arts

Ages 4 to 6 years

Miller Martial Arts Academy introduces Martial Arts to boys and girls. Learn non-violent conflict resolution, better concentration and listening skills, and build coordination, flexibility and self-control. At this age there will never be contact between participants. The last week of class we will have a graduation ceremony to a Mighty Mite White Belt.

**Location: Miller Martial Arts Academy, 8920 122nd Ave NE
8 weeks • No class 5/24 & 26 • Res. \$38 / Non-Res. \$46**

Mon	2:30–3pm	Apr 14–June 9	42225
Wed	2:45–3:15pm	Apr 16–June 4	42226
Sat	10:30–11am	Apr 19–June 14	42227

Ice Skating – All Ages

Introducing the thrill and athletic challenge of Ice Skating in a fun and safe learning environment. Our professional learn-to-skate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating. Participants will progress toward edge control and more advanced footwork. Whether you are a beginner or would like to enhance your present skill level (figure skating or ice hockey), we encourage children and adults to join. Students will be divided into their skill level and age level. Skates will be provided and helmets are highly recommended.

*Classes will be held at SnoKing Arena: 14326 124th Ave NE, Kirkland • Classes will include 30 minutes of professional instruction and 30 minutes of practice/free skating time
• Registration deadline is: one week prior to start of first class • Please arrive ½ hour before class to get skates on
• Please wear warm clothes, jacket and gloves.*

SPRING

Ages 5 to Adult 7 weeks

No class 5/23 or 5/26 • Resident \$125 / Non-Resident \$150

Mon	6–7pm	Apr 28–June 16	42321
Fri	6–7pm	Apr 25–June 13	42323

Ages 4 to Adult 7 weeks

Resident \$125 / Non-Resident \$150

Tue	10:45–11:45am	Apr 29–June 10	42322
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SUMMER

Ages 5 to Adult 7 weeks • Res. \$125 / Non-Res. \$150

Mon	6–7pm	July 7–Aug 18	42327
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Ages 4 to Adult 7 weeks • Res. \$125 / Non-Res. \$150

Tues	10:45–11:45am	July 8–Aug 19	42328
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Preschoolers

Rhythmic Gymnastics **New Shorter Sessions**

Kirkland Parks teams up with La Luna Rhythmic Gymnastics Academy to bring this beautiful Olympic sport of Rhythmic Gymnastics to the Kirkland community. These introductory classes are offered in a safe, friendly, new studio in your neighborhood. Rhythmic Gymnastics combines the grace and beauty of ballet and creative movement with music. Participants perform athletic tricks with ribbons, balls, hoops, ropes and clubs. Self-esteem, discipline, flexibility, dance and artistry, concentration, eye/hand coordination, and aerobic exercise are some of the benefits of this unique sport. Gymnasts learn the basic positions of ballet and do routines with music.

Instructor Arzu Karaali has trained athletes for National and International competitions and worked with athletes as a choreographer for the 1996 Olympic Games in Atlanta • She was selected seven times "Best Choreographer of the Year" in Washington and was awarded "Coach of the Year" three times by the USA Gymnastics Federation in Region 2

Location: La Luna Gym, 11251 120th Ave NE Suite #150, Kirkland • www.lalunagym.com

Rhythmic Gymnastics Level 1 Beginners

Girls Ages 4 to 5 years

Introduces students to basic positions of Ballet and Rhythmic Gymnastics apparatus while encouraging confidence, creativity, flexibility of movement and self-expression. No experience necessary.

Gymnastics leotard required, bare feet or socks OK.

Location: LaLuna Gym, 11251 120th Ave NE, Ste 150, Kirkland

5 weeks • No class 5/24 • Resident \$50 / Non-Resident \$60

Tue	2–2:45pm	Apr 15–May 13	42248
Tue	2–2:45pm	May 20–June 17	42249
Tue	3–3:45pm	Apr 15–May 13	42250
Tue	3–3:45pm	May 20–June 17	42251
Sat	12–12:45pm	May 17–June 21	42252

4 weeks • Resident \$40 / Non-Resident \$48

Sat	12–12:45pm	Apr 19–May 10	42253
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Rhythmic Gymnastics Level 2 Advanced

Girls Ages 4 to 5 years

This Level 2 class has been designed for 4 and 5 year olds with experience. The class reinforces the foundation of ballet and rhythmic gymnastics while introducing advanced techniques. It is important that your child be able to listen and follow directions in order to challenge and prepare for the next level!

Gymnastics leotard required, bare feet or socks OK

• Minimum of one year dance or gymnastics experience required • Location: LaLuna Gym, 11251 120th Ave NE, Ste 150, Kirkland

4 weeks • Resident \$40 / Non-Resident \$48

Sat	12–12:45pm	Apr 19–May 10	42254
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5 weeks • No class 5/24 • Resident \$50 / Non-Resident \$60

Sat	12–12:45pm	May 17–June 21	42258
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For Rhythmic Gymnastics ages 6–8, see page 29



PRESCHOOL Kids In Motion

Up and over, under and through, balls and streamers, tunnels and YOU!

Meet friends, build confidence and have FUN developing their large muscle motor skills. This program progresses with your child... they'll be crawling, climbing, balancing, and bouncing! See page 18 for Parent/Child Kids in Motion classes for younger children.

Location: NKCC

Kids In Motion – On My Own

Perfect for children transitioning to non-parent participation. This ½ hour class is for children only.

Ages 28 months to 3 years

5 weeks • Resident \$23 / Non-Resident \$28

Thurs	9:15–9:45am	Apr 24–May 22	42119
Thurs	9:15–9:45am	May 29–June 26	42120

6 weeks • Resident \$27 / Non-Resident \$32

Thurs	9:15–9:45am	July 10–Aug 14	42121
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Kids In Motion A & B

These 45-minute classes are for children only.

Motion A Ages 2½ to 3 years

5 weeks • Resident \$35 / Non-Resident \$42

Wed	11–11:45am	Apr 23–May 21	42123
Wed	11–11:45am	May 28–June 25	42124

6 weeks • Resident \$42 / Non-Resident \$50

Wed	11–11:45am	July 9–Aug 13	42125
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Motion B Ages 3 to 4 years

5 weeks • Resident \$35 / Non-Resident \$42

Thur	11:35am–12:20pm	Apr 24–May 22	42127
Thur	11:35am–12:20pm	May 29–June 26	42128

6 weeks • Resident \$42 / Non-Resident \$50

Thur	11:35am–12:20pm	July 10–Aug 14	42129
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McAULIFFE PARK 10824 NE 116th St, Kirkland



The following classes are located just around the corner from the North Kirkland Community Center in our beautiful McAuliffe Park location. We're so excited to have a kitchen!

- > Creating in the Kitchen for Youth
- > Parent/Child Preschool Cooking Series
- > How Does Your Garden Grow (Spring)
- > Yoga Camp (Summer)
- > Science/Art Summer Sensation Workshops (Summer)

PEE WEE SOCCER

TWO LOCATIONS TO CHOOSE FROM!

Ages 3 to 6 years Pee Wee Soccer is designed to develop and improve your child's soccer skills. The league is focused on fun, participation and socialization. Games are played on Saturday mornings, between 8am and 2pm on the hour and take 60 minutes with the first part of the hour dedicated to practice. Each player will receive a team shirt and a medal. Shin guards are mandatory. Choose from two locations, either Emerson High Field or 132nd Square Park located in the Kingsgate area.

Volunteer coaches needed.

Please call 425.587.3331 for more information.



Quick Facts about the Pee Wee Soccer League (PWS):

Do I have to choose a location?

You are free to choose whichever location is most convenient. Just register using the designated course number. All games will be played at that particular location meaning that teams will not play games against teams at the opposing location.

I've signed up for PWS...what do I do now?

You will be contacted by a coach at least one week prior to the first day, April 26th. The coach will provide you with information including game schedule, team name, etc.

I'd like to be a coach. How do I apply? And, what if my team does not have a coach?

If you'd like to apply to be a volunteer coach, please call 425.587.3331 or email nthomas@kirklandwa.gov and then log on to our website www.kirklandwa.gov/peeweesoccer to download the application. We are always looking for good volunteers. Prior soccer experience does help but is not necessary. We handle applications on a first-come, first-serve basis therefore getting your volunteer packet turned in ASAP is crucial. All coaches must pass a background check.

Resident \$66 • Non-Resident \$79 No Games 5/24

**** WA Sales Tax Will Be Collected ****

PLEASE NOTE: refunds will not be given if withdrawn after the coaches meeting, April 14th. The coaches meeting marks the official start of the program.

LOCATION 1:

Emerson High Field, 10903 NE 53rd St

Possible games times: 8am, 9am, 10am, 11am, or 12 noon

3 to 4 year olds	Sat	Apr 26 – June 14	40963
5 to 6 year olds	Sat	Apr 26 – June 14	40964

LOCATION 2:

132nd Square Park, 13159 132nd Ave NE

Possible games times: 8am, 9am, 10am, 11am, or 12 noon

3 to 4 year olds	Sat	Apr 26 – June 14	40965
5 to 6 year olds	Sat	Apr 26 – June 14	40966

"...I appreciate the low key nature of how you (and Kirkland Parks and Rec) have organized this league. All the kids feel welcome, all skill levels are accepted and there is no pressure to perform. Even the sideline banter is non-competitive, both at the spectator level, as well as the player level. This is a great intro in team sports and, at least in my family, keeps them wanting to come back for more. That's the true measure of success. Thank you for your great program."

— Cydney Hodder, soccer parent commenting to NeSha Thomas-Schadt, Sport Coordinator

How are teams formed?

Registration is taken on a first come, first serve basis. Siblings will be placed on the same team. Teams are formed randomly, but we take into consideration gender ratios and ages of the participants.

What is the format of the league?

The program meets on Saturday mornings/early afternoons. The program is one hour in duration with the first 20 or 30 minutes of the hour, depending on age division, devoted to practice. The last 30 or 40 minutes are reserved for a friendly, recreational-style soccer game. Game times will range from 8am to 1pm on the hour. For example, week one your game might be at 9am but week two your game might be at 10am.

Are games played in the rain?

Yes, if it is raining, games will be played as scheduled if the field is in good condition. If the field conditions are poor, putting safety in jeopardy (or if it is raining heavily), we will cancel games for the day and reschedule.

Does the program take player pairing or coach requests?

Requests for team pairings are taken but are NOT guaranteed. We accept ONE pairing request per player (player or coach request). You child must be registered before you may make a request. NOTE: It is the parent's responsibility to arrange for travel, supervision, etc. regardless of who is on your child's team.

What is included with the registration fee?

Each child will receive a T-shirt to wear during the season and a participant medal at the end of the season. Shin guards are not provided but are required. Cleats are optional but recommended.

If I have additional questions, who do I contact?

Please call 425.587.3336 for additional information or to register.

Music



Move Over Mozart Piano Classes

Grade K-6; Ages 5 to 12 years

Learn to play piano familiar tunes on the piano, read music, and, basic music theory. Class recitals are optional. Having a piano at home is not a requirement; instruction on community center piano or keyboard is included in instruction.

A one-time \$10 materials fee is payable to instructor and due at first class • Class size is limited to 6 (additional classes may be added based on waiting lists) • For more information visit moveovermozart.net Location: NKCC

9 weeks

No class 5/26 • Resident \$81 / Non-Resident \$96

Grade K-1; Ages 5 to 6 years

Mon	4:30–5pm	Apr 14–June 16	42173
Mon	5:30–6pm	Apr 14–June 16	42174

Grade 2-6; Ages 7 to 12 years

Mon	6–6:30pm	Apr 14–June 16	42255
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10 weeks

Resident \$89 / Non-Resident \$107

Grade K-1; Ages 5 to 6 years

Thur	4:30–5pm	Apr 17–June 19	42175
Thur	6–6:30pm	Apr 17–June 19	42176
Mon	4:30–5pm	June 23–Aug 25	42182
Mon	5:30–6pm	June 23–Aug 25	42183
Thur	4:30–5pm	June 26–Aug 28	42184
Thur	6–6:30pm	June 26–Aug 28	42185

Grade 2-6; Ages 7 to 12 years

Thur	5–5:30pm	Apr 17–June 19	42256
Mon	6–6:30pm	June 23–Aug 25	42257
Thur	5–5:30pm	June 26–Aug 28	42258

For Move Over Mozart classes for ages 3–6 years, see page 22

For French ages 5–9 years, see page 21

Beginning Guitar Turbo Charged!

12 years to Adult

This fast-paced course covers all the basics – from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 12 years old at the start of class.

Student must provide their own instrument

Instructor: Scott Lawson • Location: NKCC • 8 weeks

No class 5/26 • Resident \$98 / Non-Resident \$118

Ages 12 to 15 years

Mon	5:15–6:15pm	Apr 14–June 9	42259
Mon	5:15–6:15pm	June 23–Aug 11	42261

Ages 16 yrs to Adult

Mon	6:30–7:30pm	Apr 14–June 9	42260
Mon	6:30–7:30pm	June 23–Aug 11	42262



Art

Explorations for Young Artists NEW!

Ages 6 to 10 years

This class introduces young artists to the adventure of exploring the world of art. Each week a new project explores a new way to play with different mediums including clay, painting, printmaking, found object construction and more. In an atmosphere of play the young artists learn foundational art skills and the creative process. Bring a paint shirt. Beginning and continuing students welcomed. Supplies provided.

Classes offered in partnership with the Kirkland Arts Center

Location: PKCC • Instructor: Karen White • No class 7/5

6 classes • Resident \$75 / Non-Resident \$90

Sat	9:30–11am	Apr 12–May 17	41858
Sat	9:30–11am	June 7–July 19	41859



Cooking

Creating In The Kitchen With Karen

Ages 4 to 8 years

Nurture curiosity in this tasty class where your child will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time!

Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE)

Instructor: Karen Renfro-Gielgens • \$10 supply fee payable to instructor • 8 weeks • No class 5/26 & 6/23

Resident \$69 / Non-Resident \$83

Mon	3:50–4:50pm	Apr 14–June 9	42144
Mon	3:50–4:50pm	June 16–Aug 11	42146

For Creating in the Kitchen with Karen ages 3–5, see page 20

Summer Workshop

Dinner and Dessert with Karen

Ages 6 to 8 years

Come have some fun learning to create a three course meal fit for your family dinner including dessert too! Each day we will have new recipes and will talk about: picking fresh and healthy ingredients, chopping, measuring, and the correct cooking method needed for each course. This program is hands-on so dress for cooking and an explosion of flavor!

Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE)

Instructor: Karen Renfro-Gielgens

Resident \$124 / Non-Resident \$149

Mon–Wed	1–3pm	Aug 18–20	42263
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Life Skills and General Interest

Kidsafe

Ages 5 to 9 years with parent

Today's news is filled with stories of child abuse, assaults, and Amber alerts. Keep the magic of childhood safe in this low-key, friendly, and age-appropriate safety skills class for girls and boys ages 5-9. Learn about risks facing your kids, how to frame the discussion with children, and recognizing when someone may be targeting your family. Children will practice the 'five fingers' approach: think, yell, get free, run, and tell.

*Instructor: Joann Factor • Location: NKCC
Resident \$37 / Non-Resident \$43*

Sat	12:30–2pm	Apr 19	42264
Sat	12:30–2pm	Aug 23	42265

Young Ladies & Gentlemen (Etiquette)

Ages 6 to 11 years

Manners are the key to building positive friendships and strong self-confidence. This fun, hands-on workshop explores the value of kindness and respect for others and their practical applications in introductions and handshakes, table manners, personal care, posture, telephone etiquette and more.

*Instructor from Final Touch Finishing School
Location: NKCC • Resident \$39 / Non-Resident \$47*

Sat	9am–12pm	May 10	42266
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*Location: Heritage Hall, 205 Market St, Kirkland
Resident \$39 / Non-Resident \$47*

Wed	9am–12pm	July 23	42267
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Starting Point – Middle School Success **NEW!**

Ages 12 to 14 years

Navigate middle school with confidence and class with the 3 R's—respect, restraint & responsibility! Gain valuable tips on creating and maintaining meaningful friendships, introductions, conversation starters, cell phones, social media, and how to stay organized. Discover the power of maintaining a positive attitude, and how you can create an authentic and appropriate first impression.

*Instructor: from Final Touch Finishing School
Location: Heritage Hall, 205 Market St, Kirkland
Resident \$54 / Non-Resident \$65*

Wed	1–5pm	July 23	42268
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Preteen Style

Ages 9 to 11 years

Girls, discover how to develop your own style and not just follow the crowd. True style and confidence shines from the inside out and enables you to be a leader. Learn valuable communication skills, party manners, ways to develop great friendships, maintain a positive attitude, and tips on posture, clothing, and nutrition. Experience the steps to great skin as you give yourself a facial!

*Instructor from Final Touch Finishing School
Location: NKCC • Resident \$54 / Non-Resident \$65*

Sat	9am–12pm	July 26	42273
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Super Sitters

Ages 11 to 15 years

This program is designed to train young people in basic babysitting and home-alone skills. Students completing this course will be better prepared to provide a safer and more positive infant/child care experience. Taught by a hospital-qualified instructor, this class includes parent expectations, basic first aid, home and fire safety, Heimlich maneuver, telephone tips, toys and activities and infant care. Participants receive a *Babysitting 101* handbook and a certification card upon completion of the class.

*Bring a sack lunch, drink, and afternoon snack
Instructor: Cindy Tucker • Location: NKCC
Resident \$48 / Non-Resident \$58*

Sat	9am–2pm	May 17	42269
Sat	9am–2pm	July 12	42271



CPR/AED/First Aid Course for Youth!!

Ages 8 to 14 years

This class gives youth the opportunity to learn how to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age.

Location: TBA • Resident \$65 / Non-Resident \$78

Wed–Fri	9am–12pm	July 23–25	42333
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Cheerleading

Cheerleading

Ages 5 to 8 years

With our Cheer Coach's help your child will learn cheers, chants and dances geared to their level. New routines each session. Parents may join us on the last day of class to see what we have learned.

*Wear loose comfortable clothing and tennis shoes
Location: NKCC • 6 weeks • Resident \$56 / Non-Resident \$67*

Tues	4:10–5:10pm	Apr 15–May 20	42292
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For Pee Wee Cheerleading ages 3–5, see page 23

KIRKLAND KIDS TRIATHLON
SEPTEMBER 13, 2014
AGES 3 TO 12 YEARS
SWIM. BIKE. RUN.
@ JUANITA BEACH
SEE PAGE 47

Youth & Teens

Youth Dance



Beginning Ballet/Tap Combo

Ages 5 to 7 years

This class is a progressive transition from Preschool Dance/Tap Combo B. Using two-thirds ballet and one-third tap, this class will build technique and dance vocabulary. Parent watch day is during the last class; bring your camera!

Ballet and tap shoes required • Location: NKCC

Spring 10 weeks • Resident \$72 / Non-Resident \$86

Thur	5:45–6:30pm	Apr 17–June 19	42276
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Summer 8 weeks • Resident \$57 / Non-Resident \$68

Thur	5:45–6:30pm	July 3–Aug 21	42277
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Ballet 1

Ages 5 to 7 years

This class introduces ballet technique to the older student while challenging the younger experienced student. Ballet vocabulary, alignment, posture, strength, and fluidity will be the focus through barre exercises, floor, and center work.

Prerequisite for 5 year olds: Preschool Dance B or equivalent experience • 5 year olds must register by phone at 425.587.3350 • Bring your cameras—Parent Watch day is the last day of session • Location: NKCC

Spring 9 weeks • No class 5/24
Resident \$64 / Non-Resident \$77

Sat	11:30am–12:15pm	Apr 19–June 21	42278
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Summer 8 weeks • Resident \$57 / Non-Resident \$68

Sat	11:30am–12:15pm	July 5–Aug 23	42279
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Ballet – Teen

Ages 10 to 16 years

Learn ballet technique, dance vocabulary, practice exercises at the barre, stretching and center floor work. Emphasis is on improving balance, coordination, alignment and strength all taught in a positive and supportive environment. Students will also learn specific steps and creative movement. This fun, invigorating class for boys and girls is a balance of activities and musical awareness. Two ballet classes per week are recommended for continual progress.

Instructor: Marco Carrabba, Ballet Master / Choreographer of Carrabba Dance Theatre, has a 20 year distinguished professional dance career and over 18 years' experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.

Location: PKCC • No class 5/26, 6/9, 6/30 & 7/2

6 classes • Resident \$66 / Non-Resident \$79

Mon	4:15–5:15pm	Apr 7–May 12	41622
Wed	4:15–5:15pm	Apr 2–May 7	41623
Mon	4:15–5:15pm	May 19–July 14	41624
Wed	4:15–5:15pm	May 14–June 18	41625
Wed	4:15–5:15pm	June 25–Aug 6	41626

4 classes • Resident \$44 / Non-Resident \$53

Mon	4:15–5:15pm	July 21–Aug 11	41627
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Hip Hop Girls 1

Ages 5 to 7 years

Dance like your favorite pop stars! In this high-energy, age appropriate class, girls will learn fun hip-hop techniques and combinations, danced to their favorite music. Hip Hop is a popular, energetic pop style version of urban street dance. Learn the latest moves to “today’s” (clean version) of music. Build self-esteem, enhance your coordination and stay fit!

Wear loose clothing & tennis shoes please! • Location: NKCC

6 weeks • Resident \$42 / Non-Resident \$50

Wed	3:30–4:15pm	Apr 16–May 21	42280
Wed	3:30–4:15pm	June 4–July 9	42281

5 weeks • No class 7/23 • Resident \$35 / Non-Resident \$42

Wed	3:30–4:15pm	July 16–Aug 20	42282
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Hip Hop Boys 1

Ages 5 to 7 years

Boys can benefit from dance and the concentration and strength that dance builds. These classes are designed to encourage athleticism. Boys process new information in a different way than girls and will feel more comfortable and accomplished in an environment that is designed just for them. Learn to express yourself through music and dance, using the dynamic dance style of hip hop, a dance form that focuses on the hip hop culture, music attitude, style and funk just for boys.

Wear loose clothing & tennis shoes please! • Location: NKCC
6 weeks • Resident \$42 / Non-Resident \$50

Wed	4:20–5:05pm	Apr 16–May 21	42284
Wed	4:20–5:05pm	June 4–July 9	42285

5 weeks • No class 7/23 • Resident \$35 / Non-Resident \$42

Wed	4:20–5:05pm	July 16–Aug 20	42286
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Hip Hop 2

Ages 8 to 10 years

Hip Hop is a popular energetic pop style version of urban street dance. In this class you will learn the latest moves to “today’s” music while you build self-esteem, enhance your coordination and stay fit!

Wear loose clothing & tennis shoes please! • Location: NKCC
6 weeks • Resident \$42 / Non-Resident \$50

Wed	5:15–6pm	Apr 16–May 21	42288
Wed	5:15–6pm	June 4–July 9	42289

5 weeks • No class 7/23 • Resident \$35 / Non-Resident \$42

Wed	5:15–6pm	July 16–Aug 20	42290
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Keiki Hula

Ages 5–8 and 8–10 years

Students will learn the basic foot and hand motions of the hula with emphasis on posture and timing. They will sing and learn the story of their hula along with a few Hawaiian words that pertain to their dance.

Please wear shorts and T-shirts to class
Instructor: Jeanne Makanaokalani Porter • Location: NKCC

Ages 5–8 • Spring 10 weeks • Resident \$71 / Non-Res. \$85

Wed	5:30–6:15pm	Apr 16–June 18	42219
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Ages 5–8 • Summer 6 weeks • Resident \$43 / Non-Res. \$52

Wed	5:30–6:15pm	July 9–Aug 13	42221
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Ages 8–10 • Spring 10 weeks • Resident \$71 / Non-Res. \$85

Wed	4:35–5:20pm	Apr 16–June 18	42220
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Ages 8–10 • Summer 6 weeks • Res. \$43 / Non-Res. \$52

Wed	4:35–5:20pm	July 9–Aug 13	42222
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Rhythmic Gymnastics

Kirkland Parks teams up with La Luna Rhythmic Gymnastics Academy to bring this beautiful Olympic sport of Rhythmic Gymnastics to the Kirkland community. These introductory classes are offered in a safe, friendly, new studio in your neighborhood. Rhythmic Gymnastics combines the grace and beauty of ballet and creative movement with music. Participants perform athletic tricks with ribbons, balls, hoops, ropes and clubs. Self esteem, discipline, flexibility, dance and artistry, concentration, eye/hand coordination, and aerobic exercise are some of the benefits of this unique sport. Gymnasts learn the basic positions of ballet and do routines with music.

Instructor Arzu Karaali has trained athletes for National and International competitions and has worked with athletes as a choreographer for the 1996 Olympic Games in Atlanta. She was selected seven times "Best Choreographer of the Year" in Washington and was awarded "Coach of the Year" three times by the USA Gymnastics Federation in Region 2. www.lalunagym.com



Rhythmic Gymnastics Level 1 Beginners New Shorter Sessions! Girls Ages 6 to 8 years

This class will introduce students to ballet preparations, conditioning, and basic study of Rhythmic Gymnastics apparatus. Learn simple routines using hoop, ball, and rope. Gymnasts in this class could be invited to participate in the Academy's performances and exhibitions.

Gymnastics leotard required, bare feet or socks OK.

Location: La Luna Gym, 11251 120th Ave NE, Ste 150, Kirkland

4 weeks • Note classes are 1½ hr • Res. \$80 / Non-Res. \$96

Sat	1–2:30pm	Apr 19–May 10	42559
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5 weeks • Note classes are 1½ hr • No class 5/24

Resident \$100 / Non-Resident \$120

Sat	1–2:30pm	May 17–June 21	42560
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For Rhythmic Gymnastics 4–5 ages, see page 24



Youth Ice Hockey

Ice Hockey 1: Learn to Skate

Ages 4 to 13 years

The focus and goal of Hockey 1 is to teach beginner ice skaters the fundamentals of ice skating. Players will become comfortable on the ice; learn the basic hockey stance, stride, knee bend, use of edges and how to hold a stick before moving onto Hockey 2: Learn to Play. Proper skating techniques are the primary focus of the levels. Skaters will learn the necessary ice skating fundamentals to be successful in Hockey 2 Learn to Play.

Location: Sno-King Ice Arena, 14326 124th Ave NE Kirkland

• **Equipment required:** (Please note below equipment can be rented) helmets, stick, gloves rental available with registration • 6 weeks • **Prerequisite:** N/A (new skaters welcome) No class 4/19, 5/24, and 7/5

Registration closes one week in advance

Class Fee with NO Rental Equipment \$110

Sat	11:40am–12:40pm	Apr 5–May 17	42334
Sat	11:40am–12:40pm	May 31–July 12	42335
Sat	11:40am–12:40pm	July 19–Aug 23	42338

Class Fee WITH Rental Equipment \$125

Sat	11:40am–12:40pm	Apr 5–May 17	42336
Sat	11:40am–12:40pm	May 31–July 12	42337
Sat	11:40am–12:40pm	July 19–Aug 23	42340

Youth Ice Skating,
see page 23

Ice Hockey 2: Learn to Play

Ages 4 to 13 years

Hockey 2 is ideal for boys and girls that have either taken Hockey 1 or have basic skating skills and are ready to move onto a full hockey curriculum. The program focuses on fundamental skating, stick-handling, and improving balance, agility and control. A fun and encouraging environment will be maintained with an emphasis on teaching through drills and scrimmages. Players get the opportunity to play in game situations and are in FULL hockey gear for this class. Course fee includes jersey, distributed mid-season, and end of the year award.

Location: Sno-King Ice Arena, 14326 124th Ave NE Kirkland

• **Equipment required:** (Please note below equipment can be rented) Full hockey equipment required (equipment rental available at Sno-King Ice Arena) • 16 weeks

• **Prerequisites:** Hockey 1 or basic ice skating skills •

Players must be registered with USA Hockey and will be given instructions on how to do so prior to the 1st day of class. Annual membership: \$49 for ages 7 and up. No fee for 6 years and younger. The registration is required for insurance purposes and is active for the whole 2013–2014 season • No class 4/19, 5/24, 7/5

Class Fee with NO Rental Equipment \$195

Sat	11:40am–12:40pm	Apr 5–Aug 9	42342
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Class Fee WITH Rental Equipment \$270

Sat	11:40am–12:40pm	Apr 5–Aug 9	42343
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Self Defense

Self Defense for Teen Girls Only

Ages 14 to 19 years

This three hour course will provide young ladies the education and awareness to avoid and escape potentially dangerous situations. Course will cover dating violence, how assailants target and test potential victims, personal safety and much more. Students will learn physical techniques, strikes and releases to safely remove oneself from dangerous situations. It is a great class to take with a friend. Class size limited to 15!

Instructor: Joann Factor • Location: NKCC

Resident \$53 / Non-Resident \$64

Sat	1-4pm	June 21	42274
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Martial Arts

Bully Proof Martial Arts Program

Ages 7 to 12 years

Teach your kids to stand up for themselves! "I'm giving them the courage-and the permission to be loud with someone who's physically threatening them" said Korbett Miller of Miller Martial Arts Academy as quoted in an anti-bullying article on www.moms.today.msnbc.msn.com. He teaches what he preaches by showing students how to set verbal boundaries, what to say, when and how to say it. Class incorporates martial arts to build self esteem and give students alternatives to solving conflict. Students will also earn their White Belt at the end of the program.

Location: Miller's Martial Arts Academy 8920 122nd Ave.

NE, Kirkland • Instructor: Korbett Miller • 8 weeks

No class 5/24 • Resident \$57 / Non-Resident \$68

Sat	9:45-10:30am	Apr 19-June 14	42275
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YOUTH TENNIS LESSONS

Using the USTA's QuickStart Tennis program play is structured for kids to learn, rally and play in a way that is enjoyable and rewarding which will promote a lifelong passion for the game. All sessions are two weeks in duration for a total of 8 lessons. Classes meet Monday through Thursday with Friday designated as a makeup day if needed. Loaner racquets are available. Don't forget your water and sunscreen!

QuickStart Beginner

The Basics: Forehand, backhand, serve and scoring

Ages 8 to 14 years

Resident \$64 / Non-Resident \$76 • Location: Juanita High School Tennis Court, 10601 NE 132nd St, Kirkland

Mon-Thur	9-10am	June 23-July 3	40827
Mon-Thur	9-10am	July 7-July 17	40862
Mon-Thur	9-10am	July 21-July 31	40863
Mon-Thur	9-10am	Aug 4-Aug 14	40864
Mon-Thur	9-10am	Aug 18-Aug 28	40865

QuickStart Intermediate— Fine-tuning basics, specialty strokes and game strategy

Players can presently sustain a short rally, knows how to serve and start play as well as a good understanding of scoring

Ages 8 to 14 years

Resident \$64 / Non-Resident \$76 • Location: Juanita High School Tennis Court, 10601 NE 132nd St, Kirkland

Mon-Thur	10:05-11:05am	June 23-July 3	40838
Mon-Thur	10:05-11:05am	July 7-July 17	40866
Mon-Thur	10:05-11:05am	July 21-July 31	40867
Mon-Thur	10:05-11:05am	Aug 4-Aug 14	40868
Mon-Thur	10:05-11:05am	Aug 18-Aug 28	40869



FRIENDSHIP ADVENTURES AND
CITY OF KIRKLAND PRESENTS:

FAMILY BINGO NIGHT!

SATURDAYS ★ 6:30-8:30PM

March 8, April 19 & May 17

Access drop-off time 7pm, pick up from 8:15-8:45pm

**North Kirkland Community Center
12421 103rd Ave NE, Kirkland, WA 98034**

- \$5 per person at the door
- No charge for volunteers and caregivers
- Snacks and beverages provided

★ **COME FOR AN EVENING OF FUN AND PRIZES!** ★

Please RSVP two weeks in advance with number attending to:

**Maureen@friendshipadventures.org
or call 425.444.3132**

Payment will be collected at the door.

Friendship Adventures is dedicated to enriching the lives of people with developmental disabilities through recreational, educational, and leisure opportunities.

Join Bellevue Highland Community Center Classes!

Kirkland and Bellevue Parks and Community Services Departments have joined forces to provide quality programming and staffing for persons with disabilities. We are assisting with sponsorships for Highland Center's popular programs. Kirkland residents will have an opportunity to enroll in programs at the same time Bellevue residents do!

Sign up early. Classes fill quickly!

Classes are held at the
**Bellevue Highland Center,
14224 Bel-Red Road, Bellevue.**

For programs and registration information call the Highland Center,
425.452.7686

Kirkland Parks
**experience
it!**

Healthy Snack Ideas

These delicious and fun snack ideas will give you the healthy nutrients you need without the things you don't

Smart Snack Substitutes:



Try These:

low fat muffins – small size snack cakes or cupcakes

popcorn (popped in vegetable oil vs. hydrogenated oil) chips



frozen fruit juice bars (made with 100% fruit juice) popsicles, push pops, etc.

mozzarella cheese sticks & whole grain crackers. cheese or peanut butter filled crackers

fruit leather (made from real fruit) fruit roll ups or fruit chews



unsalted nuts or trail mix with dried fruit & nuts trail mix with candy pieces and chocolate

granola bars with whole grains & minimal sugars cookies, candy bars, chewy granola bars

water or 100% fruit juice. fruit drinks or sports drinks

Instead of These:



KIRKLAND TEEN

CLASSES

You School

Everyone wants to discover their unique passion and contribution to making an impact in the world. But how do you actually figure that out? And what does it mean to chase a dream for your life—where you're not only doing what you love but also paying the bills? Through YouSchool you'll have the opportunity to explore how your past shapes your future, how to think clearly about yourself and your potential, have the right conversations with the right people in your life, and clarify next steps to pursue your best life.

March 11–April 8 • Tuesday, 5:30–8:00pm • \$300



Zen Friends

Yoga for all abilities

The KTUB ZEN FRIENDS Yoga Program is a 6 week program that is all about creating the space and providing the tools to enable students of all abilities to reach their full potential no matter where they are starting from. Everyone has different needs and abilities along with strengths and talents. The idea is to discover these attributes and bring them forth through various yoga programs. Yoga has been around for thousands of years because on some level it works for everyone.

At ZEN FRIENDS Yoga we adapt the yogic concepts to make these benefits available to all students. This program is designed to teach teens the skills to improve their balance and flexibility, as well as their focus and concentration, learn relaxation techniques and increase self-confidence.

Saturdays 4:00–5:00pm • \$60 per session or \$5 drop in fee
Max Participation: 20 students

Silk Screening 101

It's time to be your own fashion designer and leave the others behind. Turn any computer generated or hand drawn image into a vibrant fashion statement. In a band? Come learn how to create your own merch to sell at shows. We'll walk you through prepping a screen, setting the image and making a design that will last longer than the Rolling Stones.

Third Thursday of the month: 4:00–6:00pm
\$25 • Max Participation: 10 students

KTUB Café 321

The KTUB CAFÉ 321 Training Program is a 6 week program that incorporates active training in coffee making and soft skills. This training program is designed to teach teens the skills required to work at a local service establishment. This program provides a chance to improve and learn new skills needed to carry you over to the professional job world. You will be required to complete a demanding checklist of drink recipes and skill sets. Upon completion of course, participants will receive a professional reference, written recommendation of employment, interview practice, and a Food Handlers card.

March 12–April 16 • Wednesday, 3:00–5:00pm
\$75 • Max Participation: 6 students

Piano for Musicians

Expand your musical abilities by adding piano or keyboarding to your repertoire. This program is for individuals who already have a concept of music and play another instrument.

March 12–April 16 • Wednesday, 4:00–5:00pm
\$30 • Max Participation: 6 students

Intro to Live Sound Engineering

Learn the basics of sound engineering and mixing, using a mixing board, audio systems, microphones, and more. Get practical advice on running a successful sound check, managing set changeovers, and building a career in the field of audio engineering. A 4 week class, followed by applying new skills in 2 concerts!

April 17–May 22 • Thursday, 4:00–6:00pm
\$60 • Max Participation: 5 students

Career Readiness Workshop

Want to be ahead of the curve and land that summer job? The Career Readiness Workshop is targeted primarily to teenagers interested in exploring education, training, and career options, and ultimately, finding meaningful employment. Come learn the art of networking, building resumes, creating cover letters, and using the web to research internship and job opportunities. Hear first-hand from professionals how you can make the best impression and learn what it takes to land an interview or internship. On completing the course, walk away with a complete portfolio, ready to take on the workplace!

April 2–30 • Wednesday 3:00–5:00pm
\$50 + free personal drop-in sessions on Fridays

348 Kirkland Ave
Kirkland, WA 98033
P 425.822.3088 • ktub.org

Through the Kirkland Teen Union Building, the Y strives to meet and exceed the social and cultural needs of young people while offering resources that empower them to become active, caring and responsible community members. As a recreation, resource and arts center, this unique facility gives teens a positive, supportive environment to develop their skills, connect with their peers and make a difference locally. The Y is dedicated to youth development, and alongside our partners and supports we're working to strengthen our community now and for the future.

Spring Hours

Tuesday & Thursday 3–8pm
Wednesday 1–8pm
Friday 3–9pm
..... 3–11pm for concerts
Saturday 4–8pm
..... 4–11pm for concerts

Summer Hours

Monday–Friday Registered Programs 10am–2pm
Drop In Programs 3–8pm
Saturday Events & Concerts ONLY



Register at
www.ktub.org

UNION BUILDING

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREE PROGRAMS

Youth for Diversity (YDP)

YDP is a 5 week cross-cultural youth program that allows them to explore their values and beliefs, gain knowledge about world cultures, and develop skills to incorporate in school, work and life. Through a combination of active dialogue, field trips and intercultural experiences, YDP offers a safe space for teens to explore as well as gain diversity and cultural competency. Teens watch foreign movies, learn about music and dance, experience regional arts and craft, and with the help of our special guests, cook up some International delicacies. A GREAT OPPORTUNITY FOR YOUR SENIOR PROJECT!

April-June • Wednesdays 3:00–5:00pm
FREE • Max Participation: 20 students

Teen Feed

Teen Feed is a free meal program offered at KTUB every Friday night at 6:00pm and is open to all young people between the ages of 13-22, regardless of income. While the primary goal of this program is to meet a basic need by providing teens with a well-balanced meal, Teen Feed also strives to collaborate with local groups and organizations to build community, create a culture of social responsibility, and to promote healthy living principles.

Every Friday • 6:00pm
FREE • Max Participation: unlimited

Teen Leadership Board

Meeting once every other week, with monthly service projects and special events, Teen Leadership Board is a chance for youth to actively shape the community at KTUB and their community. Earn volunteer hours and make a difference where it counts. Being part of the TLB is a fun and gratifying way to learn and participate while gaining valuable experience necessary for any resume or college application.

Wednesdays • 6:00pm
FREE • Max participation: 20

Music Internship Program

Do you love music? If you are interested in show management, audio production, booking, and all things music, this will be a good chance for you to learn the ropes. In exchange for your service hours, you hang out with creative and talented peers and get into shows for FREE!

Tuesdays and event schedule • 4:00–7:00pm
FREE • Max Participation: 15

SUMMER CAMPS



Youth Institute

Have you ever wondered how to get that first job when you have never had a job before? How do you get experience? Well, here's your chance! This two month long summer JOB is more than just breaking through to that starter job, it is supplying you all the skills employers are looking for. This cutting edge technology program uses photo editing, video production, and magazine creation to give young people valuable market tools. Participants will earn a stipend upon successful completion of all the job requirements.

Wilderness Retreat June 27–July 1
Program July 30–August 8

9:00am–4:00pm • FREE • Participants earn \$500 upon successful completion • Max Participation: 15

Long Board Production Camp

Perfect the fundamentals needed to produce a long board skateboard. Learn how to measure precise dimensions on wood and later turn it into your very own custom board. Work with carving and shaping wood, laying down your own grip tape, plus designing your own art on the bottom side. Install trucks, wheels and bearings and you'll be cruising down the streets on your own personalized, hand built, long board! We will then test out our boards at local skate parks.

July 21–25 • 10:00am–2:00pm
\$210 • Max Participation: 12

Everything Art Camp

Culinary art, fabric design, photography, mixed media, graffiti art, and upcycling, this week of expression will sample it all. Work with your favorite media and explore talents you may have never realized you had! This camp will culminate with an art gallery day complete with music, refreshments and you as the host to show off your pieces.

June 30–July 3 • 10:00am–2:00pm
\$210 • Max Participation: 16

Studio Sensations

Are you a singer or a musician? Are you a part of a band and ready to release your music? In one week, work hard in the studio writing and recording your songs with professional Audio Engineers. As an added bonus, learning silk screening and perfect your social media press kit with the guidance of KTUB's music staff. Walk away ready to explode on the scene! Culminate by performing your music for family, friends, and Eastside music fans! Work Hard. Rock Harder.

July 23–27 • 10:00am–2:00pm
\$210 • Max Participation: 20

Café 321 Camp

KTUB Café 321 camp incorporates active training in coffee making and soft skills. This camp is designed to teach teens the skills required to work at a local service establishment. This camp will provide participants a chance to improve and learn new skills needed to carry you over to the professional job world. Participants will spend part of the day learning the skills and the other part of the day practicing their customer service skills with the local community.

July 7–11 • 10:00am–2:00pm
\$210 • Max Participation: 12



KTUB End of Summer Getaway

Wrap a summer with one more adventure before heading back to school. Join KTUB staff and participants for an OVERNIGHT retreat. Barbecue, beaches, relaxation, ropes course, smores, and of course laughter. Set the stage for a great year by getting away with your friends at KTUB all at NO COST!

Date TBA • 10:00am–2:00pm
FREE • Max Participation 16

See website for most current information

YOUTH SUMMIT MARCH 27

“ASCEND TO YOUR FUTURE”

Thursday, March 27, 2014 • Bastyr University

This is your chance to be heard on topics that impact your life! Tell us what you like about teen life in Kirkland and what is missing. We want to hear what you have to say!

This all day event is for all teens that go to school or live in Kirkland. Lunch, snacks, and transportation (LWSD students) will be provided to Bastyr. Be looking for more information at school about this great opportunity for teens to voice their ideas and opinions!

Event registration forms will be available beginning in early March on line at www.kirklandwa.gov/youth.

For more info, you can also email us at kyc@kirklandwa.gov



The Kirkland Youth Council and the Kirkland Teen Union Building are teaming up once again to host the 13th annual Bluefish Festival in Peter Kirk Park.

Local Teen Bands
Teen Art Show
Barbeque
...and more!

Bluefish Festival
Saturday, June 14th

Specific event information will be available on the KTUB's website: www.ktub.org

If you have art pieces you would like enter into the art show or are part of a band who wants to play in the festival, please contact the KTUB at 425.822.3088.

Mini-Grant Program

The City of Kirkland offers a mini-grant program for teen related programs and services. The purpose of these grants is to provide short-term, limited funding for Kirkland youth and community groups for projects, activities, events, and training. Members of the Kirkland Youth Council review the grants three times every year (around the 15th of October, January, and April). So if you have a school dance, training, or special event coming up and are in need of some \$\$, call 425.587.3323 or contact us via email at rschubig@kirklandwa.gov.

Community Service Opportunities

Are you a teen in need of community service hours? Want to spend your volunteer time doing something you like? There are all sorts of ways to earn these hours and help your local community in the process! The “Where to Care Guide” is a teen specific comprehensive guide to volunteering on the Eastside. Opportunities are listed by area of interest and show all basic information on listed organizations. The guide book was updated in 2012, www.kirklandwa.gov/Assets/Parks/Parks+PDFs/Where+to+Care+Guide.pdf. You can also request a guide by calling 425.587.3323.

Teen Traffic Court

Have you or someone you know just been given a traffic ticket by a Kirkland cop? Do you want it taken off your record? The Kirkland Youth Council, in cooperation with Kirkland Municipal Court, runs the monthly Teen Traffic Court (TTC) program. TTC offers Kirkland teens the opportunity to have moving violations heard in front of a judge and jury of their peers. Teens that have been issued a notice of infraction by jurisdictions served by Kirkland Municipal Court (Clyde Hill, Hunts Point, Yarrow Point, and Kirkland) are eligible for the program. Once the assigned penalty has been completed, the ticket is removed from the person's driving record. To sign up for TTC, eligible students must file a request in person at the Kirkland Municipal Court (11515 NE 118th Street). Teens must complete a registration form and provide student ID at the Court. For questions, please call the Kirkland Municipal Court, 425.587.3160 or Kirkland Youth Services, 425.587.3323.

We've Got Issues Video

Have you seen the Kirkland Youth Council's video program, “We've Got Issues”, recently? This is a video program that is hosted, edited, filmed, and produced, by teens for teens. We just completed our program focusing on teen suicide. The program airs on our local government channel, KGOV Channel 21, and can be accessed on demand via the City's website. If you are interested in assisting with a program or have a topic idea, please contact us at our email address, kyc@kirklandwa.gov.





Peter Kirk Pool 2014

experience it!



A great
place to
create
memories!



- 
- 
- > Group Swim Lessons
 - > Private Swim Lessons
 - > Public Swim
 - > Pool Rentals
 - > Swim Team
 - > Friday Night Fun Nights
 - > Aquarobics
 - > Adult Swim Lessons

Peter Kirk Pool 2014

340 Kirkland Ave

Open June 2–Sept. 1, 2014

Swim Lessons 425.587.3336

Pool Hotline 425.587.3335

www.kirklandwa.gov/aquatics



POOL FEES

Facility Admission
CASH OR CHECK ONLY

Single Facility Admission
(all ages, swimming or non-swimming) \$4

Save Money While You Swim!

***10-Visit Pass. \$35**

***Individual Season Pass. \$90**
Unlimited pool admission for one person.

***Household Season Pass \$260**
Unlimited pool admission for two named adults listed on membership card and their named dependent children and/or grandchildren age 18 and under.

*10 visit passes, Individual Season Passes and Household Season passes can be purchased after June 2nd during daily public swim.

2014 Public Swim Schedule

Swim Lessons schedules, pages 43-46

Swim Team schedule, page 39

Private Pool Rentals, page 38

June 2 – June 15

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	5:30–9:00am	5:30–9:00am	5:30–9:00am	5:30–9:00am	5:30–9:00am	
3-Lane Lap Swim	7:00–8:30pm		7:00–8:30pm			
Public Swim & 1-Lane Lap Swim		7:00pm–8:30pm		7:00pm–8:30pm	5:30pm–8:30pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm

June 16 – August 17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	5:30–7:00am	5:30–7:00am	5:30–7:00am	5:30–7:00am	5:30–9:00am	
Senior 50+ 3-Lane Lap Swim					10:45am–12:15pm	
Wading Pool Only Public Swim					10:45am–12:15pm	
Public Swim & 1-Lane Lap Swim	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:30–8:30pm	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:30–8:30pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm
3-Lane Lap Swim	7:30–8:30pm		7:30–8:30pm			
Public Swim Family Fun Night					5:30–8:30pm	

August 18 – August 24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	6:00–9:00am	6:00–9:00am	6:00–9:00am	6:00–9:00am	6:00–9:00am	
Senior 50+ 3-Lane Lap Swim					10:45am–12:15pm	
Wading Pool Only Public Swim					10:45am–12:15pm	
Public Swim & 1-Lane Lap Swim	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:00–8:00pm	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:00–8:00pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm
3-Lane Lap Swim	7:00–8:00pm		7:00–8:00pm			
Public Swim Family Fun Night					5:30–8:00pm	

August 25 – September 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	6:00–9:00am	6:00–9:00am	6:00–9:00am	6:00–9:00am	6:00–9:00am	
Public Swim & 1-Lane Lap Swim	9:15am–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–5:20pm 5:30–7:00pm	9:15am–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–5:20pm	9:15am–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–5:20pm 5:30–7:00pm	9:15am–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–5:20pm	9:15am–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–7:00pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm
Public Swim & 3-Lane Lap Swim		5:30–7:00pm		5:30–7:00pm		

Dates That Will Affect Regular Pool Schedule:

September 1, Monday

Last day pool is open—will follow Saturday pool schedule.

Unscheduled facility closures can occur with limited notice. Please call 425.587.3335 for pool information

Pool Rule Highlights

Be safe and make your visit enjoyable!

- Those who are not potty trained must wear swim diapers.
- Coast Guard approved life jackets, fun toys, and other inflatables, etc. are permitted. Inflatables larger than 3 ft. will be allowed at the lifeguard's discretion. During periods of high attendance, lifeguards may limit the use of inflatables and other items.
- Water wings are not permitted but coast guard approved lifejackets are available for use at the facility
- The pool may be closed due to certain water quality maintenance issues and/or thunder/lightening or other inclement weather conditions. Please call the pool hotline for updated pool information 425.587.3335.
- A ratio of 3 children, under the age of 7 per one adult is in effect for all swims. Children under 7 years who cannot pass the swim test must be accompanied by an adult into the water at all times.
- All swimmers must be able to pass the swim test, 25 yards of crawl stroke with side breathing, to enter water deeper than his or her chest depth.
- A shower is required prior to entering either the main or wading pool.
- Children 10 years & under require adult supervision and may not be left unattended in the facility.

Swim Lessons – pages 40-47

Swim Team – page 39

Private Pool Rentals – page 38

6-Lane AM Lap Swim

6 lanes available for lap swim. Lap Lanes are marked: Fast, Medium and Slow. Swimmers must swim laps and follow swim etiquette rules as posted. Please bring exact change.

Wading Pool Public Swim

Wading Pool Public Swim is available for children under 7 years old, while accompanied in the water by an Adult (18 years and over). Adults must wear swim attire and remain in the water within arm's reach of children. Wading pool is limited to the first 40 people.

Public Swim and 1-Lane Lap Swim

Children under 7 years must be accompanied in the water by an adult (18 and over) at all times. 1-lane lap swim is available for swimmers to swim laps. Lap swimmers must follow lap swim etiquette. Wading Pool is available for children under 7 years old, while accompanied in the water by an Adult (18 years and over). Adults must wear swim attire and remain in the water within arm's reach of children. Wading pool is limited to the first 40 people and Peter Kirk Pool facility is limited to first 270 people.

3-Lane Lap Swim

Lap swim is available in 3 lanes of the main pool. Lap swimmers must follow lap swim etiquette. Lap Lanes are marked: Fast, Medium and Slow

Senior 50+ 3-Lane Lap Swim

Lap swim is available in 3 lanes of the main pool. Lap swimmers must follow lap swim etiquette. Lap Lanes are marked: Fast, Medium and Slow

Family Fun Night Public Swim

Come join us for fun at Peter Kirk Pool for Family Fun Night! Family Fun Night offers something for everyone with pool games, arts and crafts and music. So grab your friends and family and catch a wave. Wading pool is limited to the first 40 people and Peter Kirk Pool facility is limited to first 270 people. Please check the schedule on page 36 for event times and page 38 for themes.

Private Pool Rentals

Reserve the Peter Kirk Pool for your own private swim party. Enjoy the summer month parties outside at the pool!! Fees are based on hours of use and include lifeguards, pool toys, and party deck space. *Outside food and drink welcome ex. Cake, pizza, etc.* See ad on page 38 for more information. Private rentals are available Saturday and Sunday. To rent the pool call 425.587.3330.

★ SWIM TEST ★

Kirkland Lifeguards ask swimmers under 13 to demonstrate a strong crawl stroke using side breathing in order to enter water deeper than his or her chest depth. The test determines the child's swimming ability and endurance level. A child who tires easily may become panicky, even though he/she may have some basic swimming skills. Often times, a child who has passed the test is seen in deep water "dog paddling" or struggling to get to the poolside. In these situations, the lifeguards will ask the child to return to the shallow end. It is common for children to over-estimate their own abilities. Over 1,500 children and teens die every year across the United States due to accidental drowning. For this reason, we have established a requirement concerning minimum skill and endurance levels for entering deep water as part of our water safety education program.



Friday Night Family Fun Nights

Come join us for fun at Peter Kirk Pool for Family Fun Night! Family Fun offers something for everyone with pool games, arts and crafts and music. So grab your friends and family and catch a wave. Space is limited to the first 270 people!

Please check the schedule for event times – Page 36

June 20	Schools Out for Summer!
June 27	Luau
July 4	4th of July Pool Party
July 11	Fiesta at the Pool
July 18	Picnic Pool Party

July 25	Beach Blanket Bingo Game Night
Aug 1	Hook Line & Seafair
Aug 8	Synchronized Swimming Performance
Aug 15	Hoop It Up Basketball Bash!
Aug 22	End of Summer Pool Party

RENT THE POOL!!! CALL 425.587.3330

Reserve the Peter Kirk Pool for your own private swim party. Enjoy the summer month parties outside at the pool!! Fees are based on hours of use and include lifeguards, pool toys, and party deck space. Rentals must be reserved and paid for in person at 505 Market St. at least 72 hours in advance, based on availability. All pool rules are in effect. *Outside food and drink welcome ex. Cake, pizza, etc.*

Outside food and drink welcome ex. cake, pizza, etc

RENTAL FEES	1 hour	2 hours	3 hours
Both Pools	\$200	\$330	\$440
Main Pool Only	\$170	\$280	\$365
Wading Pool Only	\$85	\$120	\$160

Sales Tax will be added to all Pool Rental Fees

Lifeguarded Swimming Beaches

Lifeguards will be on duty:

July 1st – September 1st

Monday–Sunday 12–6pm at Houghton, Waverly, and Juanita Beach!

Lifeguards will be off duty on inclement weather days or when air temperature is under 65 degrees.

Open Water Swim Test administered by Lifeguards to children 12 and under at either Houghton, Waverly, and Juanita Beach requires a minimum of 25 yards – crawl stroke with side breathing. (Those demonstrating a weak stroke will not be permitted to go beyond the shallow water buoy line.) Adults 18 years and older must remain within arm's reach of non-swimming children under the age of 7.

Check the guard on and off duty signs on inclement weather days.

Houghton Beach Swimming Area

5811 Lake Washington Blvd,
Kirkland

Houghton Beach Swimming Area has a long pier and a large dock with good shallow areas for children.

* Free loaner lifejackets are available for use, please see lifeguard *



Waverly Beach Swimming Area

633 Waverly Way, Kirkland

Waverly Beach Swimming Area provides an area completely enclosed by a “U” shaped pier.

* Free loaner lifejackets are available for use, please see lifeguard *

Juanita Beach Swimming Area

9703 NE Juanita Dr, Kirkland

Juanita Beach Swimming Area provides an area completely enclosed by a “U” shaped pier with a sandy beach and shallow area.

* Free loaner lifejackets are available for use, please see lifeguard *

Groups larger than 15 people:

Day Camps and/or groups larger than 15 people planning to visit Houghton, Juanita, or Waverly Beach are encouraged to contact staff 48 hours in advance of an intended visit. Advance notice is appreciated. Call 425.587.3334.



KIRKLAND ORCA SWIM TEAM

Swim Team League Website: www.kirklandwa.gov/kirklandorcas

Registration for returning Swimmers begins March 19th
Enrollment ends for returning ORCAS Thurs., May 29 @ 4pm.

Tryouts for new participants, regardless of age, is June 7.

The main objective of the Craze Summer Swim League is to provide a safe, recreational and competitive experience for area swimmers between the ages of 6 to 18 (age as of July 1, 2014.) Participating teams include the Cities of Kirkland, Edmonds, Shoreline, Mountlake Terrace, Everett / Snohomish, and South Snohomish County Dolphins.

Informational Meeting

7-8pm, Monday, June 9, Peter Kirk Community Center. In addition, new participants will meet the coaches and be given information about the season.

Parental/Guardian Support:

During the first week of the season, parents will be asked to Sign-Up for volunteer duties that will occur during the entire season. Examples of volunteer assignments include: Timing, Writing Ribbons, Staging, Team Communications, End of Season Pot-Luck, Meet Set-up and Clean-up, etc. approx. 6 hours, of volunteer commitment.

New Participant Registration:

New Participants, regardless of age, will need to attend the team tryouts on June 7 at the Peter Kirk Pool at 9am in order to assess minimum skills required. Children ages 6-8 (age as of July 1, 2014) must be able to swim 25 yards of crawl stroke with side breathing and 25 yards of backstroke and those 9 and older must be able to swim 50 yards of each; crawl stroke, backstroke and 25 yards of breaststroke kick in order to participate on the team. Once passing minimum skill requirements, names will be placed into a lottery, divided up by age group and gender. Names will be drawn, starting with the youngest age group, filling the available spaces on the team.

Registration for new participants will take place June 7 at Peter Kirk Pool after tryouts. Participants will be asked to register into specific practice time slots for the 2014 season.

Returning Participant Registration

Returning Participants (any person who has previously participated on the swim team), can register on-line at www.kirklandparks.net, in person, or over the phone beginning March 19th, online registration available at 12:00am. Verification of previous participation will be enforced.

Practice Info:

Practices occur four days per week (Monday-Thursday) with meets occurring on Fridays or Saturdays. Participants will be asked to register for either morning or evening practices. Note: Morning and evening practice times have limited space. Practice officially begins Monday, June 23 and is scheduled to end Aug 17.

Resident \$190 plus tax / Non-Resident \$228 plus tax

Meet Schedule

Available online at www.kirklandwa.gov/kirklandorcas



Stroke Lessons

Become a faster more efficient swimmer! Instructors will work to assist swimmers with details and mechanics of their strokes in four 60-minute sessions!! This course is a great opportunity for swimmers to get individual stroke and technique attention, in a small group setting. Participants should be able to comfortably swim 50 yards of freestyle and backstroke without assistance.

Four 60-minute lessons

Resident \$80 / Non-Resident \$96

Ages	Mon-Thur	10-11am	June 23-26	41794
	Friday	10:45am-11:45am	July 11, 18, 25, Aug 1	41796
Ages 11-18	Mon-Thur	11:15-12:15pm	June 23-26	41795
	Friday	10:45am-11:45am	July 11, 18, 25, August 1	41797

Enroll by age group and gender into one time slot

Age as of July 1, 2014

Fee Resident \$190 / Non-Resident \$128 (Plus Sales Tax)

Ages 15-18	BOYS	7am-7:50am	41757
	GIRLS	7am-7:50am	41762
Ages 13-14	BOYS	7am-7:50am	41758
	GIRLS	7am-7:50am	41767
Ages 11-12	BOYS	7:50am-8:35am	41759
	BOYS	4pm-4:45pm	41763
	GIRLS	7:50am-8:35am	41768
	GIRLS	4pm-4:45pm	41771
Ages 9-10	BOYS	7:50am-8:35am	41760
	BOYS	4pm-4:45pm	41764
	GIRLS	7:50am-8:35am	41769
	GIRLS	4pm-4:45pm	41772
Ages 7-8	BOYS	8:35am-9:15am	41761
	BOYS	4pm-4:45pm	41765
	GIRLS	8:35am-9:15am	41770
	GIRLS	4pm-4:45pm	41773
Age 6	BOYS	8:35am-9:15am	41766
	BOYS	4pm-4:45pm	41774
	GIRLS	8:35am-9:15am	41775
	GIRLS	4pm-4:45pm	41776

Swim Team Prep Course

Designed for children interested in joining any competitive swim team and are either unsure of their proficiency or may need some refreshing. Introduction to the four competitive strokes through stroke technique introduction and practice drills. Children should be able to swim 15 yards without assistance or have completed Youth Level Three prior to enrollment.

Participation on the Swim Team Prep Course does not guarantee a spot on the team • Eight 30-minute lessons (Monday-Thursday) • Resident \$80 / Non-Resident \$96 Plus Sales Tax

Ages 6-7*	3:50-4:20pm	June 2-12	41588
	4:25-4:55pm	June 2-12	41589
Ages 8-9*	5-5:30pm	June 2-12	41590
	5:35-6:05pm	June 2-12	41591
Ages 10-13*	6:10-6:40pm	June 2-12	41592

**Participating age as of July 1, 2014*

Infant/Toddler, Child,
Youth And Adult

Swimming Lessons

Monday–Thursday

2 weeks: 8 lessons • Child & Youth

Session 1: June 2–12

Resident \$64 / Non-Resident \$76.80

Session 2: June 16–June 26

Resident \$64 / Non-Resident \$76.80

Session 3: June 30–July 10

Resident \$64 / Non-Resident \$76.80

Session 4: July 14–24

Resident \$64 / Non-Resident \$76.80

Session 5: July 28–Aug 7

Resident \$64 / Non-Resident \$76.80

Session 6: Aug 11–21

Resident \$64 / Non-Resident \$76.80

Monday & Wednesday

2 weeks: 4 lessons

Infant/Toddler and Adult

Session 7: June 30, July 2, 7, 9

Resident \$40 / Non-Resident \$48

Session 9: July 14, 16, 21, 23

Resident \$40 / Non-Resident \$48

Session 11: July 28, 30, Aug 4, 6

Resident \$40 / Non-Resident \$48

(Adult Lessons Only)

Tuesday & Thursday

2 weeks: 4 lessons • Infant/ Toddler

Session 8: July 1, 3, 8, 10

Resident \$40 / Non-Resident \$48

Session 10: July 15, 17, 22, 24

Resident \$40 / Non-Resident \$48

Unscheduled facility closures can occur with limited notice. We will have lessons rain or shine but during inclement weather days if you are concerned about facility closures, please contact the pool hotline at 425.587.3335.

Private/Semi Private
Lessons, see page 47

To Choose The Correct Swim Classes:

- #1 Review the skills and minimum age requirements for each level.
- #2 The skills listed are the skills each class will work on.
- #3 Choose the session, dates and time for the appropriate skill level.
- #4 Use the five digit course number listed to register for your class.
To register call 425.587.3330 or visit www.kirklandparks.net

NOTE: If you are signing your child up for multiple sessions of swim lessons, please be advised that it may take your child more than 1 session to move to the next level. It is highly suggested to register your child for the same level more than 1 session before registering them for the following level.

- Participants may not make-up classes which they have missed nor are make-up lessons provided due to facility closures. If your child is sick the first few days of a class, they are encouraged to take the remaining days.
- Registration deadline is Thursday at 4pm prior to the next session of swim. No registrations are taken at the Pool.
- Children registered for a class which they are not qualified for will be placed in the correct class only if there is a vacancy. If there is no vacancy, your money will be refunded. Please read the class descriptions carefully to insure your child is enrolled in the correct class.
- If your child graduates to a higher level than you have them registered for, we will make every effort to accommodate a transfer, subject to availability. However, there may be instances where a refund is necessary. Report cards will be given on Tuesday of the second week of lessons. Transfer deadline is Thursday by 4pm that same week for all future swim session enrollments that require a new level of swim.
- Students will progress through levels at different speeds depending on several factors such as their age, physical coordination and the number of lessons in each session. When registering for multiple sessions at the start of the summer season we strongly recommend that you do not register for higher levels session to session. It is best to register your child into a level after carefully reading Student Learning Objectives listed for that level. Your child may need more than one session to move up.

Aqua Tot Swim Lessons

Aqua Tots is a rewarding water experience for adults with young children. It introduces infants and toddlers to the joys of water activity while developing very basic skills, and teaches parent/caregivers how to ensure safety at all times.

Aqua Tots is a two-part program for young children and their parents/caregivers. Children as young as 9 months are able to start the program. Children stay with the program until they are ready to move up to Preschool Lessons, sometime after they reach three years of age.

Aqua Tots is about learning together in the water while you play and have fun. It's about helping your child feel comfortable in the water while promoting water safety. It's about building confidence in the water through encouragement, exploration and support.

A PROVEN APPROACH!

- Aqua Tots helps prevent injuries. It teaches you how to prepare before you go in or near the water by taking the right equipment, checking the environment, and planning an emergency response.
- Stay safe during activity in or near the water, by properly supporting and supervising your child.
- Survive if something goes wrong, by knowing how to perform a rescue and get help.

Aqua Tots I

Ages 9 to 24 months

Aqua Tots I encourages children and parents to become comfortable and safe in the water. Primary objectives include: Child initiated pouring water on his or her face, head and body. Blowing bubbles at the surface. Assisted front and back floats with rolling over. Assisted glides through the water, basic arm and/or leg movements.

Aqua Tots II

Ages 20 to 48 months

Aqua Tots II encourages children and parents to become more water safe while increasing readiness skills. Primary Objectives Include: Student initiated movement above and under water, rhythmic breathing, front and back floats and glides, kicking while on front and back, front and back glides with kick, changing direction and rudimentary front swim.

Preschool Swim Lessons

Ages 3 to 5 years See pages 43-46 for lesson schedules

Preschool group water adjustment and swim lessons are designed for children 3 to under 6 years of age without the assistance of their parents.

The first two preschool levels are primarily taught in our instructional pool which ranges from 6 inches to 2.5 foot. The shallow water provides a comfortable and friendly learning environment in which young children can move around independently. Students are gradually introduced to more

complex skills and deeper water, progressing to lessons in the shallow end of the main pool at Preschool Level Three.

After completing Preschool Level Five, students have learned some basic deep water skills and **may** have acquired the ability to pass our swim test, a requirement for swimmers to enter water deeper than chest depth (including use of the diving board.)

With five preschool levels, careful review of the primary objectives is very important

prior to registration. By doing so, you will increase the likelihood of placing your child in the most appropriate level. Proper placement will enhance his or her experience and will help create a better learning environment for every student in the class.

If your child is under the age of 4 and you feel they may still benefit from parent/care-giver assistance, we recommend Aqua Tots II prior to entering the Preschool Program.

Preschool Levels	Student Learning Objectives	
Pre-Water Introduction Preschool Level 1	(Instructional Pool Only)	
	<ul style="list-style-type: none"> • Water adjustment • Blow bubbles • 3 Bobs • Front float with support • Back float with support 	<ul style="list-style-type: none"> • Kick on front with support • Kick on back with support • Alternating arms on front with support • Safety skills
Water Introduction Preschool Level 2	(Instructional Pool Primarily) Prerequisite: Completion of Preschool Level 1 or equivalent	
	<ul style="list-style-type: none"> • 5 Bobs • Retrieve object from bottom with eyes open • Front float 3 seconds unassisted • Back float 3 seconds unassisted 	<ul style="list-style-type: none"> • Front glide & kick with float 3 yards (performed in lap pool) • Back glide & kick with float 3 yards (performed in lap pool) • Front crawl with support • Safety skills
Fundamental Aquatic Skills Part 1 Preschool Level 3	Prerequisite: Completion of Preschool Level 2 or equivalent	
	<ul style="list-style-type: none"> • 8 Bobs • Front float 6 seconds unassisted • Back float 6 seconds unassisted • Basic front crawl 3 yards • Rhythmic breathing with support • Basic elementary backstroke 3 yards 	<ul style="list-style-type: none"> • Front glide with kick 5 yards • Back kick and fin 5 yards • Alternating arms on back w/support 3 yards • Bob to safety • Safety skills
Fundamental Aquatic Skills Part 2 Preschool Level 4	Prerequisite: Completion of Preschool Level 3 or equivalent	
	<ul style="list-style-type: none"> • 12 bobs • Basic rhythmic breathing with kicking • Basic back crawl 5 yards • Basic elementary backstroke 5 yards 	<ul style="list-style-type: none"> • Basic crawl stroke 5 yards • Jump into water and recover to wall • Safety skills
Stroke Development Preschool Level 5	Prerequisite: Completion of Preschool Level 4 or equivalent	
	<ul style="list-style-type: none"> • 15 bobs • Back crawl 13 yards • Front crawl 13 yards • Elementary backstroke 6 yards • Breaststroke kick 13 yards • Dolphin kick with support 13 yards • Swim underwater 6 feet 	Must be able to swim 13 yards front crawl before attempting the following skills: <ul style="list-style-type: none"> • Kneeling dive • Compact dive • Tread water 20 seconds • Safety skills

Youth Swim Lessons

Ages 6 to 12 years See pages 43-46 for lesson schedules

The City of Kirkland is proud to offer Peter Kirk Pool Learn to Swim Lesson Program. Students can progress through six levels of swimming and safety skills. When students can comfortably and confidently perform all of the skills meeting the required bench-

marks for technique, skill and distance, they can progress to the next level.

A WORD OF CAUTION: Many parents and caretakers make the common mistake, thinking that once their child has gained the ability to swim a width of the pool that

the child is indeed a competent swimmer. **THIS IS NOT THE CASE!** We encourage everyone to work through Level 6. Developing strong swimming skills and learning how to stay safe occur in the higher Youth Levels.

Youth Levels	Student Learning Objectives	
Introduction to Water Skills Level 1	Upon successful completion of Level 1, the learner will be able to:	
	<ul style="list-style-type: none"> Enter and exit independently from chest deep water using ladder, steps or poolside Use arm and leg motions to float for 5 seconds on front and back with support Move around, change position, and direction in chest deep water 	<ul style="list-style-type: none"> Demonstrate beginning levels of breath control submerging face for 3 seconds and opening eyes under water Demonstrate basic water safety rules, use of life jacket, and summoning help
Fundamental Aquatic Skills Level 2	Upon successful completion of Level 2, the learner will be able to:	
	<ul style="list-style-type: none"> Submerge entire head for 5 seconds in chest deep water and rhythmically breathe in between 5 times Float and glide on front and back unsupported for 5 seconds and change position 	<ul style="list-style-type: none"> Explore alternating and simultaneous leg kicking and arm pulling motions Perform rudimentary front and back strokes – 5 yards Explore basic reaching rescues and water safety skills
Stroke Development Level 3	Upon successful completion of Level 3, the learner will be able to:	
	<ul style="list-style-type: none"> Perform basic water safety skills such as H.E.L.P and Huddle positions, and safe water entry rules Explore rudimentary beginner, elementary backstroke, front crawl and back stroke – 10 yards 	<ul style="list-style-type: none"> Explore rudimentary breaststroke Demonstrate feet first and rudimentary diving entries into deep water Explore treading water 15 sec and reverse direction of travel
Stroke Improvement Level 4	Upon successful completion of Level 4, the learner will be able to:	
	<ul style="list-style-type: none"> Identify safe diving rules Perform rescue breathing and obstructed airway procedures Perform intermediate level front crawl, back crawl, elementary backstroke and breaststroke – 25 yards 	<ul style="list-style-type: none"> Perform rudimentary sidestroke and butterfly – 10 yards Perform survival float and tread water in deep water – 2 min
Stroke Refinement Level 5	Upon successful completion of Level 5, the learner will be able to:	
	<ul style="list-style-type: none"> Describe diving board safety rules Identify symptoms of Spinal Injury and show inline stabilization techniques Refine efficient and effective front crawl, back crawl, elementary backstroke, breaststroke- 50 yards 	<ul style="list-style-type: none"> Refine efficient and effective sidestroke and butterfly – 25 yards Refine survival swimming 2 min, treading water 3 min, and underwater swimming – 5 to 10 yards
Swimming and Skill Proficiency Level 6	Upon successful completion of Level 6, the learner will be able to:	
	<ul style="list-style-type: none"> Demonstrate proficiency in front crawl and back crawl – 100 yards with turns Demonstrate proficiency in breaststroke, sidestroke and butterfly – 50 yards 	<ul style="list-style-type: none"> Demonstrate proficiency in Personal Safety and Rescue Skills, Pike and Tuck surface dives, throwing rescue, and approach stroke – 25 yards Describe diving board safety rules

Adult Swim Lessons

Ages 13 and up **Taught Twice a week Mon / Wed for 2 weeks. See Grid for dates on page 46.**

Fundamental Aquatic Skills Adult Level 1	Upon successful completion of Adult Level 1, the learner will be able to:	
	<ul style="list-style-type: none">• Float and glide on front and back unsupported for 5 seconds and change position• Explore alternating and simultaneous leg kicking and arm pulling motions	<ul style="list-style-type: none">• Perform rudimentary front and back strokes• Explore treading water• Explore basis water safety skills
Stroke Improvement and Refinement Adult Level 2	Upon successful completion of Adult Level 2, the learner will be able to:	
	<ul style="list-style-type: none">• Perform intermediate level front crawl, back crawl, elementary backstroke and breaststroke.• Refine efficient and effective strokes.	<ul style="list-style-type: none">• Increase swimming speed and distance ability.• Develop fitness, swimming and other aquatic goals with the instructor's assistance.

Swimming Lessons

Schedules and Course Codes start here ►

► Swim Lessons: Two-Week Sessions

June 2–12 • Eight, 30-minute lessons • Monday–Thursday RES \$64.00/ NON-RES \$76.80							
			3:50pm	4:25pm	5:00pm	5:35pm	6:10pm
AQUA TOTS 1							
AQUA TOTS 2							
PRESCHOOL 1			41017	41018	41019	41020	41021
PRESCHOOL 2			41022	41023		41025	41026
PRESCHOOL 3			41027	41028	41029	41030	
PRESCHOOL 4					41033		
PRESCHOOL 5						41036	
YOUTH 1			41037		41038		41039
YOUTH 2			41040		41041		41042
YOUTH 3			41043		41044		41045
YOUTH 4				41046		41047	
YOUTH 5				41048			41049
YOUTH 6						41050	
RES \$80.00/ NON-RES \$96.00							
SWIM TEAM PREP 6-7			41588	41589			
SWIM TEAM PREP 8-9					41590	41591	
SWIM TEAM PREP 10-13							41592

► Swim Lessons: Two-Week Sessions

June 16–26 • Eight, 30-minute lessons • Monday–Thursday RES \$64.00/ NON-RES \$76.80												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1			41051							41052		
AQUA TOTS 2				41053					41054		41055	
PRESCHOOL 1	41056	41057	41058	41059	41060	41061	41062	41063	41064	41065	41066	41067
PRESCHOOL 2	41068	41069	41070	41071	41072	41073	41074	41075	41076	41077	41078	41079
PRESCHOOL 3		41081	41082	41083	41084	41085			41086	41087	41088	41089
PRESCHOOL 4		41090	41091		41093	41094			41095	41096	41097	
PRESCHOOL 5		41099		41101		41103			41104	41105		41107
YOUTH 1	41108		41110	41111	41112				41114	41115	41116	41117
YOUTH 2	41118	41119	41120	41121	41122	41123			41124	41125	41126	41127
YOUTH 3			41131						41128		41129	41130
YOUTH 4				41136						41133	41134	41135
YOUTH 5					41139				41137			41138
YOUTH 6						41140				41141	41142	41143

► Swim Lessons: Two-Week Sessions

June 30–July 10 • Eight, 30-minute lessons • Monday–Thursday RES \$64.00 / NON-RES \$76.80												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						41144				41145		
AQUA TOTS 2		41146									41147	
PRESCHOOL 1	41148	41149	41150	41151	41152	41153	41154	41155	41156	41157	41158	41159
PRESCHOOL 2	41160	41161	41162	41163	41164	41165	41166	41167	41168	41169	41170	41171
PRESCHOOL 3	41172	41173	41174	41175	41176	41177			41178	41179	41180	41181
PRESCHOOL 4		41182	41183	41184	41185	41186			41187	41188	41189	41190
PRESCHOOL 5			41192		41194				41196		41198	41199
YOUTH 1	41200	41201	41202	41203	41204	41205			41206	41207	41208	41209
YOUTH 2	41210	41211	41212	41213	41214	41215			41216	41217	41218	41219
YOUTH 3		41220	41221	41222	41223	41224			41225	41226	41227	41228
YOUTH 4		41229	41230	41231	41232	41233			41234	41235	41236	41237
YOUTH 5			41243	41244	41245				41246	41247	41248	41249
YOUTH 6				41254	41250	41251				41252		41253

► Swim Lessons: Two-Week Sessions

July 14–24 • Eight, 30-minute lessons • Monday–Thursday RES \$64.00/ NON-RES \$76.80												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						41255				41256		
AQUA TOTS 2		41257									41258	
PRESCHOOL 1	41263	41264	41265	41266	41267	41268	41269	41270	41271	41272	41273	41274
PRESCHOOL 2	41278	41279	41280	41281	41282	41283	41284	41285	41286	41287	41288	41289
PRESCHOOL 3	41292	41293	41294	41295	41296	41297			41298	41299	41300	41301
PRESCHOOL 4		41302	41303	41304	41305	41306			41307	41308	41309	41310
PRESCHOOL 5			41312		41314				41316	41317	41318	
YOUTH 1	41321	41322	41323	41324	41325	41326			41327	41328	41329	41330
YOUTH 2	41331	41332	41333	41334	41335	41336			41337	41338	41339	41340
YOUTH 3		41341	41342	41343	41344	41345			41346	41347	41348	41349
YOUTH 4		41350	41351	41352	41353	41354			41355	41356	41357	41358
YOUTH 5			41359	41360	41361				41362		41363	41551
YOUTH 6					41364	41365				41366		41367

► Swim Lessons: Two-Week Sessions

July 28–August 7 • Eight, 30-minute lessons • Monday–Thursday RES \$64.00/ NON-RES \$76.80												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						41368				41369		
AQUA TOTS 2				41370					41371		41372	
PRESCHOOL 1	41373	41374	41375	41376	41377	41378	41379	41380	41381	41382	41383	41384
PRESCHOOL 2	41385	41386	41387	41388	41389	41390	41391	41392	41393	41394	41395	41396
PRESCHOOL 3	41397	41398	41399	41400	41401	41402			41403	41404	41405	41406
PRESCHOOL 4		41407	41408	41409	41410	41411			41412	41413	41414	41415
PRESCHOOL 5			41417		41419					41421	41422	
YOUTH 1	41424	41425	41426		41427				41428		41429	41430
YOUTH 2	41431	41432		41433	41434	41435				41436		41437
YOUTH 3		41438	41439	41440	41441	41442			41443	41444		41445
YOUTH 4		41446	41447	41448	41449	41450			41451	41452	41453	
YOUTH 5			41454	41455							41457	
YOUTH 6					41458	41459						41460

► Swim Lessons: Two-Week Sessions

August 11-21, Eight, 30-minute lessons. Monday–Thursday RES \$64.00/ NON-RES \$76.80										
	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm
AQUA TOTS 1		41461							41462	
AQUA TOTS 2			41463					41464		
PRESCHOOL 1	41465	41466	41467	41468	41469	41470	41471	41472	41473	41474
PRESCHOOL 2	41475	41476	41477	41478	41479	41480	41481	41482	41483	41484
PRESCHOOL 3	41485	41486	41487	41488				41489	41490	41491
PRESCHOOL 4	41492	41493	41494		41495				41496	41497
PRESCHOOL 5	41498		41500						41502	41503
YOUTH 1	41504	41505		41506				41507	41508	41509
YOUTH 2	41510	41511		41512	41513			41514		41515
YOUTH 3	41516	41517	41518	41519	41520			41521	41522	41523
YOUTH 4	41524		41525	41526	41527			41528		41529
YOUTH 5			41530	41531	41532			41533	41534	
YOUTH 6				41535	41536			41537	41538	

► Aqua Tots

Twice a Week Lessons for Two Weeks

Monday & Wednesday • Four 30-Min. Lessons

June 30, July 2, 7, 9 • Res \$40 Non Res \$48

Session 7	10:00am	5:00pm
AQUA TOTS 1	41809	—
AQUA TOTS 2	—	41810

Monday & Wednesday • Four 30-Min. Lessons

July 14, 16, 21, 23 • Res \$40 / Non Res \$48

Session 9	10:00am	5:00pm
AQUA TOTS 1	41811	—
AQUA TOTS 2	—	41812

Tuesday & Thursday • Four 30-Min. Lessons

July 1, 3, 8, 10 • Res \$40 / Non Res \$48

Session 8	10:00am	5:00pm
AQUA TOTS 1	41813	—
AQUA TOTS 2	—	41814

Tuesday & Thursday • Four 30-Min. Lessons

July 15, 17, 22, 24 • Res \$40 Non Res \$48

Session 10	10:00am	5:00pm
AQUA TOTS 1	41815	—
AQUA TOTS 2	—	41816

► Adult Lessons

Twice a Week Lessons for Two Weeks

Monday & Wednesday • Four 30-Min. Lessons

June 30, July 2, 7, 9 • Res \$40 / Non Res \$48

Session 7	7:30pm
Adult 1	41582
Adult 2	41583

Monday & Wednesday • Four 30-Min. Lessons

July 14, 16, 21, 23 • Res \$40 / Non Res \$48

Session 9	7:30pm
Adult 1	41584
Adult 2	41585

Monday & Wednesday • Four 30-Min. Lessons

July 28, 30, Aug 4, 6 • Res \$40 / Non Res \$48

Session 11	7:30pm
Adult 1	41586
Adult 2	41587

► Private or Semi-Private Lessons

One on one instruction, highly motivated, friendly instructors and close personal attention to detail. Private instruction is ideal for:

- The beginner who would like assistance with water orientation before registering for one of our programs
- Those who are having difficulty with a particular stroke/ technique—emphasis can be placed on your needs
- Those working to overcome water phobia
- Special needs
- Please share your swimming goals. We are here to help!

Private/Semi-Private lessons are offered Monday through Thursday. You must register for M/W or T/TH option and must enroll for at least four lessons within a two-week period.

8:50–9:20am	Mon/Wed or Tue/Thur June 16—August 7
9:25–9:55am	Mon/Wed or Tue/Thur June 16–26
5:35–6:05pm	Mon/Wed or Tue/Thur June 16–August 7

Call 425.587.3330 for availability

Registration for lessons begins March 19.
Lessons begin June 16 and run through Aug 7.

1:1 private lesson

Resident \$40 / Non-Resident \$48 per ½ hour

2:1 semi-private lesson is for 2 children

Resident \$50 / Non-Resident \$60 per ½ hour



Deep Water PM Aquarobics

Ages 16 years and older

If your goal is a leaner and stronger body and you want to have fun—Aquarobics is for you! Our professionally trained instructors will inspire you to move! Benefits of Deep Water Exercise:

- 1) Burn Calories
- 2) Build Strong Muscles and
- 3) 60- Min of Abdominal Work.

Work-at-Your-Own-Pace. Beginners to Advanced Welcome!

Session 1: June 2–July 2 • 5 weeks

Ten, 60min lessons Mon/Wed
Resident Fee \$100 / Non-Resident Fee \$120

Mon & Wed 7:30pm–8:30pm June3–July 3 41820

Session 2: July 7–Aug 6 • 5 weeks

Ten, 60min lessons Mon/Wed
Resident Fee \$100 / Non-Resident Fee \$120

Mon & Wed 7:30pm–8:30pm July 8–Aug 7 41822

Session 3: Aug 11– Aug 27 • 3 weeks

Six, 60min lessons Mon/Wed
Resident Fee \$60 / Non-Resident Fee \$72

Mon & Wed 6:45pm–7:45pm Aug 11–Aug 27 41824

Introduction to Synchronized Swimming

NEW! Learn the basic fundamentals of synchronized swimming, which combines the art, grace and fun of dance with the flexibility and strength of gymnastics—all in the water. Participants will learn and practice basic body positions, sculling techniques, stroking variations, and eggbeater and learn a synchronized swimming routine that will be performed on the final day of class, Friday August 8th at 6pm during Friday Family Fun Night Public Swim. This program is designed for youth level 5 swimmers and above (must be able to swim at least 50 yards crawl stroke) and includes on deck and water activities in the dive tank.

Participants will need to bring one-piece swimsuit, swim cap, goggles, nose clip, large towel big enough for stretching.

Location: Peter Kirk Pool • Resident \$75 / Non-Resident \$90

Mon–Thur Fri	3:45–5:15pm 6:00–7:00pm	Aug 4–Aug 7 Aug 8	42555
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KIRKLAND KIDS TRIATHLON SWIM. BIKE. RUN. @ JUANITA BEACH

SEPTEMBER 13, 2014 JUANITA BEACH AGES 3 TO 12 YEARS

Race begins at 11am, check in begins at 10am
\$30.00 Plus Tax • Registration #42344

"I wanted to tell you how much our two grandchildren enjoyed the Children's Triathlon. They came away with such a sense of pride and accomplishment. It was extremely well organized"

This non-competitive, non-timed event provides an excellent opportunity for youth to experience the sport of triathlon. Athletes participate in 50 yard swim/splash, ½ mile bike, 400 yard run. Registration will close September 11th. Day of event registration will be available beginning at 9:30am however participants are encouraged to register prior to the event.

Participants will receive swim cap, T-shirt & ribbon

Thank you to our sponsor!



www.kirklandchildrensdentistry.com

Get Trained... American Red Cross Classes for Youth – Adult! **NEW CLASSES!**

Adult and Child First Aid/CPR/AED

Age 14 to Adult

The Adult and Child First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age—adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

Text Books and Pocket Masks not included in course fee and must be purchased separately at shopstaywell.com item #656731 • 6 hour course

Location: PKCC • Resident \$90 / Non-Resident \$108

Sat	9am–3pm	May 3	42331
Sat	9am–3pm	July 12	42332



CPR/AED/First Aid Course For Youth!!

Ages 8 to 14 years

This class gives youth the opportunity to learn how to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age.

Location: TBA • Resident \$65 / Non-Resident \$78

Wed–Fri	9am–12pm	July 23–25	42333
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Aqua Leaders Volunteer Program

Ages 12 to 15 years

Training class, in which youth have the opportunity to develop lifeguarding, swim instructing and other occupational related skills. Aqua Leaders receive training and instruction in facility rules, policies and procedures and water safety. Completion of the program is a prerequisite to volunteer as a Junior Lifeguard and or Swim Instructor Aide for the Kirkland Aquatic Service Program, which continues until Sept. 1st.

Resident \$60 / Non-Resident \$72

Mon–Thurs	9am–12pm	June 23–July 3	41817
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Lifeguard Training

With Oxygen and Automatic Defibrillation

American Red Cross lifeguard training course. Successful participants will earn certifications in lifeguarding, first aid, CPR for the Professional Rescuer, oxygen administration and automatic defibrillation. The prerequisites for this course include: 15 years or older and the ability to pass a swimming pre-test which consists of a 300 yard swim; swim 20 yards, retrieve a 10lb brick in 7+ feet of water and then carry the brick back 20 yards while holding on to the brick with both hands.

TEXT BOOKS AND POCKET MASK NOT INCLUDED AND MUST BE PURCHASED SEPARATELY FROM THE AMERICAN RED CROSS, www.shopstaywell.com, item's # 655735 and 658225 • First class starts at Peter Kirk Pool

Resident \$200 / Non-Resident \$240

Session 1	Sunday: 9–3pm Mon–Thurs: 3:30–8:30pm	May 18–22	41818
Session 2	Sunday: 9–3pm Mon–Thurs: 3:30–8:30pm	June 8–12	41826
Session 3	Mon–Thurs: 9am–3:30pm	July 7–10	42346
Session 4	Mon–Fri: 9am–2pm	Aug 4–8	42347



Water Safety Instructor Course

This is an American Red Cross course. Upon successful completion you will receive a certification in instructing the learn-to-swim programs for infants, toddlers, preschoolers, youth, adults, people with special needs, instructor aide training, and water safety outreach. Students must be at least 16 years old and complete a swimming pre-test before entering the course.

This course includes: Fundamentals of Instructor Training • TEXT BOOKS NOT INCLUDED AND MUST BE PURCHASED SEPARATELY FROM THE AMERICAN RED CROSS, www.shopstaywell.com Item # 651313 • First class meets at Peter Kirk Pool

Resident \$200 / Non-Resident \$240

Week 1	Sun: 9am–1pm Mon–Thurs: 4–8pm	May 18–22	41819
Week 2	Tues–Thurs: 4–8pm	May 27–29	



OPEN GYM SUNDAYS

One basketball court and three volleyball courts are available.

5 to 8pm • Sundays

Location: Kamiakin Middle School
14111 132nd Ave NE, Kirkland

April 13–June 8

No open gym: May 25

Cost: \$4.00 per person
(includes WA State Sales Tax)

Call 425.587.3335 for gym closure info. 18 and older.



ADULT TENNIS LESSONS

Join us on the courts this summer! Develop your tennis skills, get in shape, or just join us for the fun of it! All sessions are two weeks in duration for a total of 8 lessons. Classes meet Monday through Thursday with Friday designated as makeup days for rainouts. Space is limited! Loaner racquets are available.

Ages 16 and up • Location: Juanita High School Tennis Courts
10601 NE 132nd St., Kirkland

Adult Beginner

The basics: forehand, backhand, serve and scoring

Resident \$64 / Non-Resident \$76

Mon–Thur	5:30–6:25pm	June 23–July 3	40852
Mon–Thur	5:30–6:25pm	July 7–July 17	40853
Mon–Thur	5:30–6:25pm	July 21–July 31	40854
Mon–Thur	5–5:55pm	Aug 4–Aug 14	40855
Mon–Thur	5–5:55pm	Aug 18–Aug 28	40856

Adult Intermediate

Fine-tuning basics, specialty strokes and game strategy

Presently can sustain a short rally, knows how to serve and start play as well as an understanding of scoring

Resident \$64 / Non-Resident \$76

Mon–Thur	6:30–7:25pm	June 23–July 3	40857
Mon–Thur	6:30–7:25pm	July 7–July 17	40858
Mon–Thur	6:30–7:25pm	July 21–July 31	40859
Mon–Thur	6–6:55pm	Aug 4–Aug 14	40860
Mon–Thur	6–6:55pm	Aug 18–Aug 28	40861

Adult Advanced

Dynamic footwork, advanced drills and game strategies

Can keep up a rally with moderate pace and spin, comfortable with volleying and has a consistent serve.

Resident \$64 / Non-Resident \$76

Mon–Thur	7:30–8:25pm	June 23–July 3	40847
Mon–Thur	7:30–8:25pm	July 7–July 17	40848
Mon–Thur	7:30–8:25pm	July 21–July 31	40849
Mon–Thur	7–7:55pm	Aug 4–Aug 14	40850
Mon–Thur	7–7:55pm	Aug 18–Aug 28	40851



Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

Location: Redwood Golf Center, 13029 Redmond-Woodinville Rd NE, Woodinville • Min 6 / Max 12 • 4 classes

Sr Resident \$89 / Sr Non-Resident \$99

Non-Sr Resident \$97 / Non-Sr Non-Resident \$119

Fri	10–11am	Apr 4–25	41660
Fri	10–11am	May 2–23	41661
Fri	10–11am	June 6–27	41662
Fri	10–11am	July 4–25	41663
Fri	10–11am	Aug 1–22	41664

Ice Skating–All Ages

Introducing the thrill and athletic challenge of Ice Skating in a fun and safe learning environment. Our professional learn-to-skate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating. Participants will progress toward edge control and more advanced footwork. Whether you are a beginner or would like to enhance your present skill level (figure skating or ice hockey), we encourage children and adults to join. Students will be divided into their skill level and age level. Skates will be provided and helmets are highly recommended.

Classes will be held at SnoKing Arena: 14326 124th Ave NE, Kirkland • Classes will include 30 minutes of professional instruction and 30 minutes of practice/free skating time • Registration deadline is: one week prior to start of first class • Please arrive ½ hour before class to get skates on • Please wear warm clothes, jacket and gloves.

SPRING

Ages 5 to Adult 7 weeks • No class 5/23 or 5/26
Resident \$125 / Non-Resident \$150

Mon	6–7pm	Apr 28–June 16	42321
Fri	6–7pm	Apr 25–June 13	42323

Ages 4 to Adult 7 weeks
Resident \$125 / Non-Resident \$150

Tue	10:45–11:45am	Apr 29–June 10	42322
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SUMMER

Ages 5 to Adult 7 weeks • Res \$125 / Non-Res. \$150

Mon	6–7pm	July 7–Aug 18	42327
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Ages 4 to Adult 7 weeks • Res \$125 / Non-Res. \$150

Tues	10:45–11:45am	July 8–Aug 19	42328
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SOFTBALL LEAGUES!

* WA State sales tax will be collected *

SPRING SOFTBALL

Registration begins: February 3rd (registration closes when full or deemed necessary)

This spring league will consist of 16 games in 8 weeks of play with one-week of playoffs for the top four teams in each division. The season will span from May through mid-July. Prizes will be awarded for the regular season champion as well as the playoff tournament winner. 8 team maximum per division.

COED DIVISIONS

"REC" DIVISION (Class D)

Our COED division is an open division available to teams of all skill levels. Games are played on Sunday late mornings/early afternoons.

8DH May 4–July 13 Crestwoods Field 40958

MEN'S DIVISIONS

LOW/MID DIVISION (Class D/C)

This division is for teams with average skill level. Games are played on Sunday and Monday evenings.

8DH May 4–July 7 Crestwoods Field 40956

UPPER DIVISION (Class B/C)

Our most competitive division composed of teams with above average skill. Game nights are Tuesday and Wednesday nights.

8DH May 6–June 25 Crestwoods Field 40957

League Fees:

Team registration for all divisions: \$946.08 (includes sales tax) + \$10 per non-Kirkland player.

If the team consists of 51% non-residents, there is an additional charge of \$10 per non-Kirkland player (\$100 maximum) for players over that threshold who do not live or work in the city limits of Kirkland.

SUMMER/FALL SOFTBALL

Registration begins: February 3rd (registration closes when full or deemed necessary)

Summer league will stretch into early fall and consist of 14 games in 7 weeks of play with one-week of playoffs for the top 4 teams in each division. Games will be played "under the lights" at Lee Johnson Field (Peter Kirk Park). Prizes will be awarded for the regular season champion as well as the playoff tournament winner. Men's divisions: 8 team maximum, COED division: 6 team max.



MEN'S DIVISIONS

LOW/MID DIVISION (Class D/C)

This division is for teams with average skill level. Games are played on Monday and Tuesday evenings.

7DH July 28–Sept 23 Lee Johnson Field 40959

UPPER DIVISION (Class B/C)

Our most competitive division composed of teams with above average skill. Game nights are Wednesday and Thursday nights.

7DH July 16–Aug 28 Lee Johnson Field 40960

COED REC DIVISION

(Class D)

Our COED division is an open division available to teams of all skill levels. Games are played on Sunday late mornings/early afternoons.

7DH July 27–Sept 14 Lee Johnson Field 40961

League Fees:

Team registration for all divisions: \$832.20 (includes sales tax) + \$10 per non-Kirkland player.

If the team consists of 51% non-residents, there is an additional charge of \$10 per non-Kirkland player (\$100 maximum) for players over that threshold who do not live or work in the city limits of Kirkland.

AGE 55+ SOFTBALL Recruitment is in Full Swing!

If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2014 season is underway! The two men's teams, "Moss Bay Hawks", "Kirkland Owls" and the co-ed team, "Kirkland Klassics" were all a hit in 2013! After a long winter break, team players are now dusting off their bats to begin practice in March 2014. Everyone is gearing up for another fantastic season of league play, May through July. These three recreational teams play in the Puget Sound Senior Softball Association and are not affiliated with City of Kirkland Parks and Community Services recreation league.

For more information about the co-ed team: Paula Miller 425.822.7478 or the men's teams: Rich Mialovich 425.827.1109

For more information on our adult sport league offerings, log on to www.kirklandwa.gov/athletics
Or LIKE our Facebook page www.facebook.com/kirklandsportsleagues

Adult INDOOR Volleyball League Age 18+

Join us for one of the most fun and competitive volleyball leagues on the Eastside. The season consists of 7 weeks of regular season play with two weeks of playoffs with one week guaranteed. Games are played at either Emerson High School or Kamiakin Middle School with 7:15pm, 8:20pm or 8:40pm start times (depending on the division). See Level descriptions below.

Team Fee: \$301.13 (includes tax)

Adult BEACH Volleyball League Age 18+

Join us at newly remodeled Juanita Beach for some sand volleyball! We will offer four divisions of 4 on 4 beach volleyball. Matches will be played on Monday or Wednesday nights for the women's divisions and Tuesday or Thursday nights for the COED divisions. Matches start at 6:15pm and 7:30pm. The league is self-officiated. Six weeks of play and one week of playoffs (top 4 teams). See Level descriptions below.

Team Fee: \$240.90 (includes tax)

Women's Upper Division BB Level

The Women's Upper Division is for teams with intermediate to above average skill level, have in depth knowledge of offensive and defensive game play and can use advanced strategies to be successful. Matches on Monday nights.

INDOOR	Mon	Apr 14–June 9	7:15 or 8:20pm	40487
BEACH	Mon	June 23–Aug 4	6:15 or 7:30pm	40952

Women's Lower Division B Level

The Women's Lower Division is for teams with average to intermediate skill level meaning, abilities more advanced than a beginner. Players understand the game and are able to perform some of the necessary skills required to be successful. Matches on Monday nights for Indoor and Wednesday nights for Beach.

INDOOR	Mon	Apr 14–June 9	7:15 or 8:20pm	40488
BEACH	Wed	June 25–Aug 6	6:15 or 7:30pm	40954

Co-Ed Upper Division BB Level

The COED Upper Division is for teams with intermediate to above average skill level, have in depth knowledge of offensive and defensive game play and can use advanced strategies to be successful. Matches on Tuesday nights.

INDOOR	Tues	Apr 15–May 27	8:20 or 8:40pm	40489
BEACH	Tues	June 24–Aug 5	6:15 or 7:30pm	40953

COED Lower Division B Level

The COED Lower Division is for teams with average to intermediate skill level meaning more advanced than a beginner. Players understand the game and are able to perform some of the necessary skills required to be successful. Matches on Tuesday nights for Indoor and Thursday nights for Beach.

INDOOR	Tues	Apr 15–May 27	8:20 or 8:40pm	40490
BEACH	Thur	June 26–Aug 7	6:15 or 7:30pm	40955

COED C Division

The COED "C" Division is our least competitive division that's great for beginners who are learning the rules or those still improving their fundamental skills. Matches on Wednesday nights.

INDOOR	Wed	Apr 16–May 28	8:20pm	40491
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Free Agent Team COED C Division Only

Are you looking for a team to join? Do you have a couple friends that want to play volleyball but don't have enough to have your own team? Then you're in luck! Starting this fall we are offering a free agent team for our COED C division of volleyball that will play on Wednesday nights. For a flat fee of \$40 (plus tax) you can join the team as an individual. We need a minimum of 6 players (minimum of 3 men and 3 women) in order to form the team.

INDOOR	Wed	Apr 16–May 28	8:20pm	40492
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Coed Dodgeball League

That fun school yard game you use to play as a kid is even more fun as adults! Games are played on Wednesdays at Kirkland Middle School. Matches consist of a full hour of play with 6 team members on each side. The league is an "OPEN" division accepting all levels of play. If deemed necessary, an upper and lower division will be formed.

Team Fee: \$301.13 (includes sales tax)

Wed	Apr 23–June 11	6:45 or 7:55pm	40493
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FOLLOW US ON FACEBOOK:

www.facebook.com/kirklandsportsleagues



VISIT OUR WEBSITE:

www.kirklandwa.gov/athletics



MOVE IT!

**FOR YOUR BODY
FOR YOUR HEALTH
FOR YOUR SELF**

Affordable, Flexible, Convenient! Time to MOVE IT with our easy quarterly fitness pass. No more individual class registrations and associated fees! With the purchase of the MOVE IT quarterly pass, take unlimited number and combination of fitness classes that your schedule allows. One registration, ultimate flexibility. Simply present your pass at class. It's easy, it's affordable, so what are you waiting for? MOVE IT!

Body Sculpting

Does your body need toning or shaping? Want to add some curves and definition in all the right spots? This 45-minute class could give you a new look without the chisel. We start with a 10-minute aerobic warm up, then move on to exercise for the upper body, abdominal, glutes, and legs. Exercise to music, and end with feel-good stretches. Weights will be discussed at first class.

Circuit Training

Aerobics + Strength Training = Great Results! Use the step, hand weights, rubber tubing, and aerobics in timed intervals to build strength and endurance. Our students report it's their favorite class! Bring hand weights and a mat to class.

Dance Aerobics

Do you have the urge to go dancing but no interest in nightclubs? Well, this is the class for you! Here is your chance to get fit while learning moves you've always wanted to try, from hip hop to the cha cha. Whether you're a pro athlete or beginner, this class is guaranteed fun and a great cardio workout. So, stop dancing alone in your living room. Come join the party and get your groove on. Let's dance!

Long and Lean

There is nothing like the look of long lean muscles. Using a combination of standing BARRE techniques, ball training and weight bearing exercises, your body will get that long lean look while reducing the risk of injury. Focusing on muscle isolation, tension and balance we will create that elegant look of a dancer's physique.

Low-Impact Aerobics

Start your day out right. This class is designed for people of all ages and fitness levels. Come join the fun fat burning, muscle toning, keep-it-moving class! Please bring a mat and large towel to class for floor work. Good for all ages.

Power Hour

This is the opportunity to change your workout! Using interval training, you'll move from cardio to weight bearing exercise. Your strength and endurance will be tested with isometric, plyometric, Pilates and yoga stretches. This class will transform the way you look and feel. The routine is always changing, which maximizes fat burning and body sculpting that you'll be seeing in no time! Get pro-active about your workout and break away from your regular routine with the Power Hour!

Fit & Flex **NEW!**

Fitness and flexibility go hand in hand. Longer muscles become stronger and less likely to injure. Maximize your workout results and keep your body injury free! Start with specialized strength and core conditioning techniques from Pilates, Yoga, Barre, Physical Therapy and more. Then focus on flexibility, symmetry and balance to optimize your results. A relaxing cool down completes your workout and leaves you refreshed. Please bring weights and a mat to class.

North Kirkland Community Center

12421 103rd Ave NE, Kirkland WA

425.587.3350

/// Jane's early morning workout classes offer total body workout with strength, stretch, and aerobic exercise. A variety of music, alternative options, enthusiasm, friendship, and the rest of the morning free! /// — Christi W.



**STILL MORE AFFORDABLE THAN
YOUR LOCAL FITNESS CLUB!**

SPRING 2014

All classes on this page included with your
Move It! Pass: Resident \$83 / Non-Resident \$100
To register use class #42550

Vinyasa Yoga

This is a fun active flow class that will leave you feeling rejuvenated and relaxed. It is a series of postures where you learn to sync movement with your breath. You will increase your flexibility, build strength and improve your balance. All ages and levels welcome, as this style encourages students to work at their own level of fitness.

Strength and Stretch

Strengthen and tone muscles, improve your bone density to help fight osteoporosis and add flexibility to your entire body. All this and it's fun to boot! All ages welcome. Please bring mats and a large towel. Expect to see improvement within a few weeks.

Total Body Conditioning

A cardio and strength conditioning total body workout that incorporates hand held weights, resistance bands, body weight and more! You'll work up a sweat in this class and finish with a relaxing cool down and stretch.

Zumba®

Join us on Monday and Thursday evenings and Saturday mornings. Zumba® is a fun, dance and rhythms exercise class using mostly Latin music. Sizzling, toe, tapping, hip swiveling music makes you want to get up and move.

Zumba® Step NEW!

Take lower body workouts and calorie burning to new heights with Zumba® Step, the newest Zumba® dance-exercise class. Tone and strengthen glutes and legs with a gravity-defying blend of Zumba® routines, sizzling Latin music and step aerobics. Enjoy maximum results without losing the easy-to-follow fitness-party!

MORNING CLASSES

10 weeks // March 31–June 7 // No class May 24–26

DAY	CLASS NAME	TIME	INSTR.
Mon	Power Hour	9:15–10:15am	Joleen
Tue	Strength & Stretch	8:00–9:00am	Jane
Wed	Strength & Stretch	8:00–9:00am	Jane
Wed	Power Hour	9:15–10:15am	Charlene
Thur	Strength & Stretch	8:00–9:00am	Jane
Fri	Low Impact Aerobics	8:00–9:00am	Charlene
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

EVENING CLASSES

10 weeks // March 31–June 7 // No class May 24–26

DAY	CLASS NAME	TIME	INSTR.
Mon	Zumba	5:30–6:15pm	Sandi
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Fit & Flex NEW!	7:25–8:15pm	Joleen
Tue	Body Sculpting	5:30–6:15pm	Sandra
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Vinyasa Yoga	7:30–8:30pm	Chris
Thur	Body Sculpting	5:30–6:15pm	Sandi
Thur	Long and Lean	6:20–7:10pm	Laura
Thur	Zumba	7:15–8:15pm	April

/// Ages 16 through adult /// Passes are available at any time during the quarter at full price /// A Personal Wellness Survey must be completed by all participants before working out /// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising /// Call Recreation Hotline 425.587.3335 if class cancellation is in question

MOVE IT! SUMMER 2014

All classes on this page included with your
Move It! Pass: Resident \$90 / Non-Resident \$108
To register use class #42551

MORNING CLASSES

11 weeks // June 9–Aug 23 // No class July 4

DAY	CLASS NAME	TIME	INSTR.
Mon	Power Hour	9:15–10:15am	Joleen
Tue	Strength & Stretch	8:00–9:00am	Jane
Wed	Strength & Stretch	8:00–9:00am	Jane
Wed	Power Hour	9:15–10:15am	Charlene
Thur	Strength & Stretch	8:00–9:00am	Jane
Fri	Low Impact Aerobics	8:00–9:00am	Charlene
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

EVENING CLASSES

11 weeks // June 9–Aug 23 // No class July 4

DAY	CLASS NAME	TIME	INSTR.
Mon	Zumba	5:30–6:15pm	Sandi
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Fit & Flex	7:25–8:15pm	Joleen
Tue	Body Sculpting	5:30–6:15pm	Sandra
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Zumba® Step NEW!	5:30–6:15pm	Joleen
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Vinyasa Yoga	7:30–8:30pm	Chris
Thur	Body Sculpting	5:30–6:15pm	Sandi
Thur	Long and Lean	6:20–7:10pm	Laura
Thur	Zumba	7:15–8:15pm	April

/// Ages 16 through adult /// Passes are available at any time during the quarter at full price /// A Personal Wellness Survey must be completed by all participants before working out /// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising /// Call Recreation Hotline 425.587.3335 if class cancellation is in question



Run For Your Life!

Have you thought of doing a 5k and don't know where to start? Have you tried to train on your own and lacked motivation? Do you walk regularly and are now ready to start adding running to your workout? This 9-week running class starts out slowly and gives you time to work up to running 5k. Classes begin with a warm-up of a brisk walk followed by a run/walk session. Each class will end with a tip session on informative topics such as nutrition, injury prevention, form, stretching and mental preparation.

Instructor: Melissa Graham (Marathon Maniac!)
Location: Heritage Hall 203 Market St. Kirkland

10 weeks • Resident \$99 / Non-Resident \$119

Thur 6:30–7:30pm Apr 24–June 26 42295

**KIRKLAND
KIDS
TRIATHLON**
SEPTEMBER 13, 2014
AGES 3 TO 12 YEARS
SWIM. BIKE. RUN.
@ JUANITA BEACH
SEE PAGE 47

Exercise & Fitness

Prenatal Yoga

Prenatal yoga brings sensitive focus and gentle attention to the mother-to-be through breathing, relaxation, strengthening and stabilizing; helping to instill a feeling of trust in one's own inner wisdom during this time of change. The program, conducted in a calm, peaceful environment will help strengthen the uterus and pelvic muscles, improve circulation, aid in digestion, exercise the spine, improve posture and breathing and increase overall comfort. No prior yoga experience is necessary. Prenatal Yoga is safe to take throughout your pregnancy, it is best for beginners (with no prior yoga experience) to start a series at 3 months and can continue until giving birth.

Phyllis Moses is a Certified Viniyoga instructor (RYT-500), and Yoga Therapist, with a focus in prenatal yoga and has over 20 years' experience teaching.

*Location: PKCC • 6 classes • No class 4/10
Resident \$90 / Non-Resident \$108*

Thur	5–6:15pm	Apr 3–May 15	41777
Thur	5–6:15pm	May 22–June 26	41778
Thur	5–6:15pm	July 3–Aug 7	41779

Yoga Fun for Everyone

You have heard about the benefits of yoga... here's your chance to begin in a relaxed environment. Join this six week class and increase your flexibility, strength, balance and stamina. Sally Rodich, will teach you to broaden your knowledge of the practice and take yoga seriously while still having fun. End each class with a 10 minute relaxation to soothe your mind and relieve stress. All levels welcome. This class likes to laugh and have fun!

Location: PKCC

*6 classes No class 4/16, 5/26
Resident \$60 / Non-Resident \$72*

Wed	5:30–6:45pm	Apr 2–May 14	41781
Mon	5:30–6:30pm	Apr 21–June 2	41782
Wed	5:30–6:45pm	May 21–June 25	41784
Mon	5:30–6:30pm	June 9–July 14	41783
Wed	5:30–6:45pm	July 2–Aug 6	41785

4 classes Resident \$40 / Non-Resident \$48

Mon	5:30–6:30pm	July 21–Aug 11	41786
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See page 71 for more
Daytime Yoga classes!

Women's Self Defense @ NKCC

Ever have an encounter that makes the hair on the back of your neck stand up? Learn the 3 most crucial self-defense lessons: recognizing when someone's planning an assault, how to use body language and your voice to interrupt an intended assault, and simple, effective physical skills to disable an attacker. In a single session you'll learn about real risks, assailant tricks, crucial targets, how to create an impact, and releases from the most common grabs. A great class to take with a friend!

*Bring a light lunch or snack, and a water bottle
Instructor: Joann Factor • Location: NKCC
Resident \$107 / Non-Resident \$127*

Sat	11am–4pm	June 28	42294
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Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

*Wear athletic shoes • Location: PKCC
Instructor: Joan Wilde*

Tuesdays 4 classes • Resident \$35 / Non-Resident \$42

Tue	10:30–11:30am	Apr 8–29	41643
Tue	10:30–11:30am	May 6–27	41644

*Thursdays 4 classes • No class 5/22
Resident \$35 / Non-Resident \$42*

Thur	10:30–11:30am	Apr 3–24	41645
Thur	10:30–11:30am	May 1–29	41646
Thur	10:30–11:30am	June 5–26	41647
Thur	10:30–11:30am	July 3–24	41659

Thursdays 3 classes • Resident \$26 / Non-Resident \$31

Thur	10:30–11:30am	July 31–Aug 14	41653
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For a body transformation try "Shimmy & Shake"!

Beginning Belly Dance
See page 57



Partner Dancing. Great fun & exercise... no partner required to join in!

Dance Like the Stars!

Location: North Kirkland Community Center

Adults & Teens, Couples & Singles Welcome! Professional Certified Instructor: Lynn Gross

Ballroom Favorites

Ballroom Favorites: Level 1

Everyone will enjoy learning the basics and simple variations of the ever-popular and always-in-style classics: Romantic Waltz, Smooth Fox Trot, Lively Jitterbug Swing, and time permitting, a bit of Sensual Tango. You'll be gliding around the floor in the very first lesson.

No experience needed! • Resident \$54 / Non-Resident \$65

Tues	7:30–8:30pm	June 24–July 22	42313
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Ballroom Favorites: Level 2

Gain comfort and confidence with leading and following as you learn new and pleasing pattern variations in Waltz, Fox Trot, Jitterbug Swing... and time permitting, Tango.

Pre-requisite: Level 1, equivalent experience, or instructor permission • 4 weeks • Resident \$46 / Non-Resident \$55

Tues	7:30–8:30pm	July 29–Aug 19	42314
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West Coast Swing

West Coast Swing: Level 1

Contemporary, modern, stylish swing—the most music friendly & versatile of all partner dances! Solid foundational patterns and teaching techniques make learning this popular dance simple, logical & fun! Lots of repetition will boost your learning curve and muscle memory, increasing your fun in classes and on the dance floor. Even if you've taken West Coast Swing classes before, you are guaranteed to learn new and exciting ways to enhance this popular style of swing.

No experience needed! • 5 weeks

Resident \$54 / Non-Resident \$65

Tues	7:30–8:30pm	Apr 15–May 13	42309
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West Coast Swing: Level 2

Add more fun and boost your swing skills with popular pattern variations and enhanced partnering techniques! Time to review and become more comfortable with level 1 Basics will be included. Patterns and styling in each Level 2 series differ from the last—the more times you participate, the more you learn... and the more comfortable and confident you'll become.

Prerequisite: Level 1, equivalent experience, or instructor permission • 5 weeks • Resident \$54 / Non-Resident \$65

Tues	7:30–8:30pm	May 20–June 17	42310
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Night Club Two Step

Night Club Two Step: Level 1

This is romantic dancing at its finest—a dreamy dance for easy-listening, soft-rock love songs played at parties, night clubs, weddings, on cruise ships, and at many local dances. Learn patterns that stay in a small area for crowded dance floors, patterns that glide across the floor when there's room to move, and how to blend these moves for added versatility. Easy leading, following and turning techniques included.

No experience needed! • 5 weeks

Resident \$54 / Non-Resident \$65

Tues	8:30–9:30pm	Apr 15–May 13	42311
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Night Club Two Step: Level 2

Continue to develop your romantic side! Learn simple pattern variations and partnering techniques in this popular dance. Previous participation in a beginning level class, or the equivalent, is required. Each Level 2 series differs from the last—the more times you participate, the more you learn, and the more your dance skills expand!

Prerequisite: Level 1, equivalent experience, or instructor permission • 5 weeks • Resident \$54 / Non-Resident \$65

Tues	8:30–9:30pm	May 20–June 17	42312
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Latin Sampler

Latin Sampler: Level 1

Get moving with the Latin beat! Learn the basics and simple variations of the popular and timeless Latin dances: Rumba (sensual & romantic), Salsa (sizzling) and Cha-Cha (energetic & rhythmic). Time permitting, an introduction to Tango (lively & a bit dramatic) will be included.

No experience needed! All ability levels, couples & singles welcome • 5 weeks • Resident \$54 / Non-Resident \$65

Tues	8:30–9:30pm	June 24–July 22	42315
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Latin Sampler: Level 2

Become more comfortable and gain confidence with leading and following as you learn new and pleasing pattern variations in Rumba, Salsa and Cha-Cha (and if time, Tango.) A brief review & practice of each dance will be included prior to moving into new material.

Prerequisite: Level 1, equivalent experience, or instructor permission • 4 weeks • Resident \$46 / Non-Resident \$55

Tues	8:30–9:30pm	July 29–Aug 19	42316
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Ballet

Instructor: Marco Carrabba, Ballet Master/Choreographer of Carrabba Dance Theatre, has a 20 year distinguished professional dance career and over 18 years' experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.

Ballet Basics

Have you always wanted to take a ballet class but something got in the way? Now that you have the time, do you feel like you're too old and it's too late! Here's the good news, it's never too late to learn ballet! No reason to be intimidated! This adult basic ballet class offers something for everyone from young adult to seniors and provides a fun way to tone and tighten your body while learning the fundamental techniques in a positive and supportive environment. Ballet develops balance, coordination, strength, stamina, self-confidence and body-centered awareness. This class is for those with little or no dance training but who want to embrace one of the most beautiful and graceful of all dance styles.

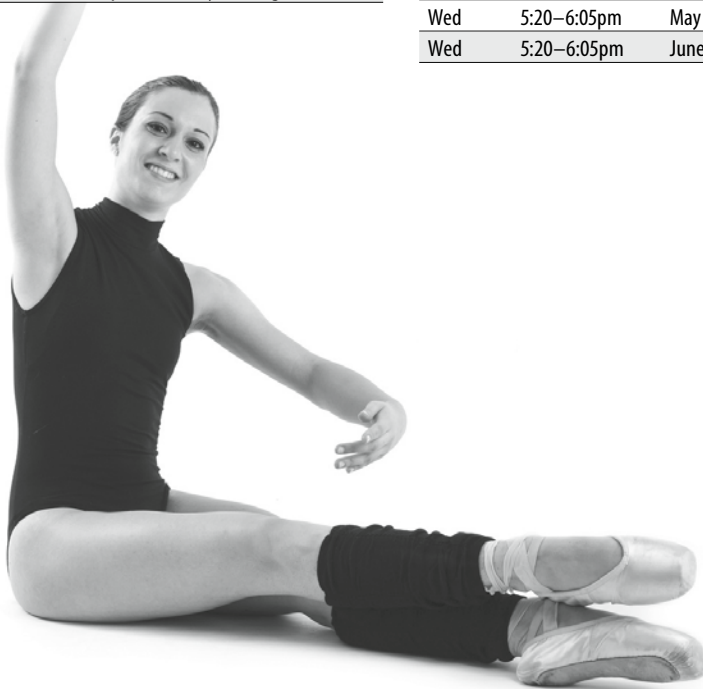
Location: PKCC • No class 5/26, 6/9 & 6/30

6 classes • Resident \$66 / Non-Resident \$79

Mon	6:15–7:15pm	Apr 7–May 12	41666
Mon	6:15–7:15pm	May 19–July 14	41667

4 classes • Resident \$44 / Non-Resident \$53

Mon	6:15–7:15pm	July 21–Aug 11	41669
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Ballet – Open Level

Take your training to the next level. This class is for those who have had some ballet training and is a good additional class for a Basic or Intermediate level class. Emphasis is on improving technical strength and more movement. Students are encouraged to work at their own ability.

Location: PKCC • No class 7/2 • 6 classes
Resident \$66 / Non-Resident \$79

Wed	6:15–7:15pm	Apr 2–May 7	41671
Wed	6:15–7:15pm	May 14–June 18	41672
Wed	6:15–7:15pm	June 25–Aug 6	41673

Beginning Ballet for Everyone

NEW! This class is designed to meet the specific needs of the beginning ballet student. Students will be introduced to the fundamentals of ballet in a positive and supportive environment.

Location: PKCC • 6 classes • No class 6/9, 6/30 & 7/2
Resident \$50 / Non-Resident \$60

Wed	5:20–6:05pm	April 2–May 7	41633
Wed	5:20–6:05pm	May 14–June 18	41635
Wed	5:20–6:05pm	June 25–Aug 6	41636

Belly Dance

Shimmy and Sway – Beginning Belly Dance

Ages 17 to adult

Begin your transformation! Belly dance isolates and works your abs, hips, tummy, and arms. It increases flexibility, and improves posture as it tightens and tones. In this class we welcome and appreciate all shapes and sizes, so tie a scarf around your hips and get ready to shimmy and sway to the sensual dance of Egyptian Cabaret Belly dance.

Please bring bottled water and a long scarf to tie around the hips • Instructor: Josette Minaglia 'Athena'
Location: NKCC

7 weeks • Resident \$70 / Non-Resident \$84

Tue	6:40–7:40pm	Apr 15–May 27	42303
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8 weeks • Resident \$80 / Non-Resident \$96

Tue	6:40–7:40pm	June 10–July 29	42304
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Belly Dance Advanced

Ages 18 to adult

This class illustrates techniques for solo and troupe performances along with costume designing. A combination of basic and advanced moves will be taught in a choreographed piece of music which will give students the finishing touch and personal style to their dance.

Please bring bottled water and a long scarf to tie around the hips • Instructor: Josette Minaglia 'Athena'
Location: NKCC

7 weeks • Resident \$70 / Non-Resident \$84

Tue	7:45–8:45pm	Apr 15–May 27	42305
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8 weeks • Resident \$80 / Non-Resident \$96

Tue	7:45–8:45pm	June 10–July 29	42306
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3 weeks • Resident \$30 / Non-Resident \$36

Tue	7:45–8:45pm	Aug 5–19	42307
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Adult Dance CLASS LOCATIONS VARY

Folk Dancing

The Mountaineer's International Folk Dancing

NEW! Learn line dances, couple dances and mixers from many countries including the waltz, two-step, tango, hambo, schottische and polka. Walk through beginner level dances in the first hour, the second hour is dedicated to requests with walk-throughs for simpler dances. This fun and lively class is open to everyone, no partner or experience needed!

Location: PKCC • 4 classes
Resident \$25 / Non-Resident \$30
Drop-In Rate Resident \$8 / Non-Resident \$10

Tue	7:30–9:30pm	Apr 1–22	42432
Tue	7:30–9:30pm	Apr 29–May 20	42433
Tue	7:30–9:30pm	May 27–June 17	42434
Tue	7:30–9:30pm	June 24–July 15	42435
Tue	7:30–9:30pm	July 22–Aug 12	42436



Line Dance

Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Joe in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • Instructor: Joe Mraz • 6 classes
No class 6/3 • Resident \$30 / Non-Resident \$36
Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	Apr 1–May 6	41674
Tue	10–11am	May 13–June 24	41675
Tue	10–11am	July 1–Aug 5	41676

Hula Dance

Hula is for everyone, it's a great way to stay in shape and have fun while dancing. Hula works the entire body and also engages the mind. It is a unique blend of balance, motion, and mental concentration. Hula will lift your spirits and give you an energy boost.



Beginning Hula For Adults

This class will concentrate on the basic foot and hand motions as you experience the Hawaiian culture and Spirit of Aloha. Both ancient (Hula Kahiko) and modern (Hula 'auana) will be taught.

Wear comfortable clothing (shorts or pants and T-shirts)
— NO JEANS PLEASE! Instructor: Jeanne Makanaokalani Porter • Location: NKCC

Spring 10 weeks • Resident • \$100 / Non-Resident \$120
Wed 6:30–7:15pm Apr 16–June 18 42297

Summer 6 weeks • Resident • \$60 / Non-Resident \$72
Wed 6:30–7:15pm July 9–Aug 13 42298

Intermediate Hula

For those with hula experience and an understanding of the basic steps. This fast-paced class will introduce hula implements such as ipu, 'uli'uli, 'ili'ili, pu'ili. Both Kahiko and 'auana will be taught along with a focus on general technique. Some Hawaiian language taught as it pertains to hula, along with lyrics and the background of every dance learned. Optional public performances.

Wear a pa'u skirt if you have one, otherwise comfortable clothing — NO JEANS PLEASE! Instructor: Jeanne Makanaokalani Porter • Location: NKCC

Spring 10 weeks • Resident • \$100 / Non-Resident \$120
Wed 7:15–8:15pm Apr 16–June 18 42299

Summer 6 weeks • Resident • \$60 / Non-Resident \$72
Wed 7:15–8:15pm July 9–Aug 13 42300

Advanced Hula

Advanced Hula is for the dancer with a more extensive hula background. The hula basics are reviewed as we continue on to more difficult, involved hulas, both Kahiko (ancient) and 'auana (modern). There's a continuing focus on technique and performance skills. There will be public performances.

Wear a pa'u skirt — NO JEANS PLEASE! Instructor: Jeanne Makanaokalani Porter • Location: NKCC

Spring 10 weeks • Resident • \$100 / Non-Resident \$120
Wed 8:15–9:15pm Apr 16–June 18 42301

Summer 6 weeks • Resident • \$60 / Non-Resident \$72
Wed 8:15–9:15pm July 9–Aug 13 42302

Hula classes for youth ages 5–10
see page 28

Arts & Crafts

Anyone Can Draw **NEW!**

Draw along with Jean as she demonstrates how to draw a variety of objects. Learn to easily calculate proportions, perspective, establish values, replicate contours and compose a successful drawing. Develop skills in drawing textures, animals, elements in nature using graphite pencils, ink and ink washes. This is an easy to follow class with lots of individual attention, drawing is easier then you thought!

Supply list available at PKCC • Instructor: Jean Pratt Beouy
Location: PKCC • 6 classes • Resident \$98 / Non-Res. \$118

Thur	6-9pm	Apr 17-May 22	41275
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Watercolor Painting

Whether you are a beginner or advanced painter, you will enjoy learning techniques for a successful painting. Jean demonstrates every step and provides individual assistance to all. Working from photo references provided by instructor, you will paint still life, florals, landscapes/seascapes, animals and more.

Supply list available at PKCC • Instructor: Jean Pratt Beouy
Location: PKCC • No class 5/26

8 classes • Resident \$130 / Non-Res. \$156

Mon	6-9pm	May 12-July 7	41008
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5 classes • Resident \$81 / Non-Resident \$97

Mon	6-9pm	July 14-Aug 11	41009
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Oil Painting the Easy Way

Paint along as Jean demonstrates the entire painting and provides individual assistance. Your own style will emerge as you paint many subjects from still life to landscapes to florals. You will quickly learn composition, color mixing, brush use, establishing depth and more. This class offers something for all levels. Supply list available at PKCC.

Instructor: Jean Pratt Beouy • Location: PKCC • 8 classes
Resident \$130 / Non-Resident \$156

Tue	5:30-8:30pm	Apr 29-June 17	41010
Tue	5:30-8:30pm	June 24-Aug 12	41011

Collage Constructions **NEW!**

Students will build a series of collage constructions using cut paper, vintage materials, old photos, old letters, postage stamps, tissue paper, watercolor, drawings and whatever strikes one's fancy. Using clay students will create stamps for added texture and design. We will briefly touch on the development of collage in a historical context. Students will start with simple 1-10 element collages and then move on to more complex multi-element work.

Class offered in partnership with the Kirkland Arts Center
Supply list available at PKCC • Location: PKCC
Instructor: Larry Calkins • 8 classes • No class 7/3
Resident \$130 / Non-Resident \$156

Thur	6-9pm	June 5-July 31	41875
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Beginning/Intermediate Drawing with Pastels

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for beginning and intermediate students. Continuing students should bring a project to work on.

Supply list available at PKCC • Instructor: Louise Arntson
Location: PKCC • 4 classes • Resident \$30 / Non-Resident \$36

Wed	10am-12pm	Apr 2-23	41012
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Advanced Drawing with Pastels

Create beautiful scenes through the application of good drawing skills, ideas and special techniques of pastel painting. Prerequisite: Drawing with Pastels for Beginners or prior experience.

Supply list available at PKCC
Instructor: Louise Arntson • Location: PKCC • 4 classes • Resident \$30 / Non-Resident \$36

Wed	1-3pm	Apr 2-23	41013
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For more day time art classes
see page 69

Ikebana: The Art of Japanese Flower Arranging

Experience the world of Ikebana and learn how to make simple and elegant arrangements with relatively few floral materials-a real "plus" in today's economic climate. Students will learn concepts of line, space, mass, color, texture and more while creating basic styles of moribana (shallow vase) and nageire (tall vase) arrangements.

Taught by Diane Elliott, a certified instructor with the Sogetsu School of Ikebana • Location: PKCC

Fee for floral materials \$32 paid to instructor on first day of class • Please bring flower scissors, a broad, shallow vase and a large kenzan (flower frog) to first class

4 classes • Resident \$64 / Non-Resident \$72

Wed	6:30-8:30pm	June 4-25	41725
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Music

Beginning Guitar Turbo Charged!

12 years to Adult

This fast-paced course covers all the basics – from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 12 years old at the start of class.

Student must provide their own instrument

Instructor: Scott Lawson • Location: NKCC • 8 weeks
No class 5/26 • Resident \$98 / Non-Resident \$118

Ages 12 to 15 years

Mon	5:15-6:15pm	Apr 14-June 9	42259
Mon	5:15-6:15pm	June 23-Aug 11	42261

Ages 16 yrs to Adult

Mon	6:30-7:30pm	Apr 14-June 9	42260
Mon	6:30-7:30pm	June 23-Aug 11	42262



Adult Special Interest



Photography

Digital Photography from A to F-Stop

If you are interested in taking better photographs and improving your photo skills with your iPhone, Point and Shoot camera, iPad or a DSLR interchangeable lens camera, you will enjoy this class. You will learn to confidently turn your automatic settings off and use other techniques to capture creative photographs through the use of shutter speed, aperture control, and various mode settings. Bring your digital camera, owner's manual and several of your digital photographs to class on a SD or CF card, flash drive, CD or DVD. Included in the topics to be covered are: • Correcting red eye • Optical & digital zooming • Default, mode & resolution settings • When to use ISO, F/Stop, and Shutter Speed settings • Solving the mystery of megapixels—capturing vs printing • How to meter correctly for proper exposure • Software for optimizing and editing your photographs • Storing, organizing, and displaying your digital photos • Digitizing your older film slides and prints • Traveling with your digital camera • Photo composition and light balance.

Duke Coonrad, is an award winning photographer & has over 30 years of photography experience. His publications include local and national calendars, magazines, and newspapers including the Seattle PI, Kirkland Reporter, Seattle Times and Mercer Island Reporter.

Location: PKCC • Resident \$45 / Non-Resident \$54

Thur	6:30–9:30pm	June 12	41726
Wed	6:30–9:30pm	Aug 13	41728

Language

Introduction to Spanish

Habla Espanol? Learn to speak, read and write Spanish using basic vocabulary in the present tense. Yolanda Von Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German.

*This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class • Location: PKCC • 5 classes
Resident \$38 / Non-Resident \$46*

Mon	1:30–3pm	Apr 21–May 19	41259
Mon	1:30–3pm	June 2–30	41260
Mon	1:30–3pm	July 14–Aug 11	41261

Continuing Spanish

Now that you know the basics, here's the opportunity to expand your vocabulary and increase conversational skills. Yolanda Von Diesl is fluent in 6 foreign languages and has been teaching for over 25 years.

*This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class • Location: PKCC • 5 classes
Resident \$38 / Non-Resident \$46*

Wed	1:30–3pm	Apr 16–May 14	41276
Wed	1:30–3pm	May 28–June 25	41277
Wed	1:30–3pm	July 9–Aug 6	41290



French For Adults

Ages 18 to adult

Guided by a native speaker, become comfortable navigating through basic daily interactions and conversations in French... Get exposed to French culture, basic grammar and vocabulary, and be ready for your next trip to France.

*Instructor: Frederique Battestini of Polly-Glots
Location: NKCC*

*Spring 10 weeks • No class 5/24
Resident \$168 / Non-Resident \$202*

Sat	11am–12pm	Apr 19–June 28	42319
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Summer 6 weeks • Resident \$134 / Non-Resident \$161

Sat	11am–12pm	July 12–Aug 16	42320
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Voice-Overs

You're On The Air – How to Make It In Voice-Overs!

Learn about an exciting new way to turn voice-overs into a full or part-time business! Lisa Foster, a successful voice-over artist, introduces students to the voice-over business and talks about opportunities, income potential, and the all-important demo and how to have it produced. Step up to the microphone, do some practice recording, and hear the results!

Location: NKCC • Resident \$37 / Non-Resident \$44

Tue	7–9pm	May 13	42317
Tue	7–9pm	Aug 5	42318

Health & Nutrition

Hypnosis For Weight Loss

You already know that losing weight can be one of life's most frustrating experiences. Now find out what you can do to lose 20 pounds within weeks. Hypnosis can help you change those old destructive mental programs that are keeping you stuck... and it can be far easier than you ever imagined.

The instructor, Robert W. Felix, is a certified hypnotist registered in the State of Washington • FOR YOUR COMFORT PLEASE BRING A MAT OR TOWEL, AND A PILLOW

Location: Heritage Hall, 205 Market St, Kirkland
Resident \$95 / Non-Resident \$114

Tue	7–9pm	Apr 8–22	42349
Tue	7–9pm	June 10–24	42350

Hypnosis To Quit Smoking

Even though you already know how destructive smoking can be, you've lost track of how many times you've tried to quit. You've tried different brands. You've tried the gum. You've tried the patch. You've tried willpower. Nothing seems to work. Well, leave your willpower at home. Hypnosis can help you stop smoking for good... and it can be far easier than you ever imagined.

The instructor, Robert W. Felix, is a certified hypnotist registered in the State of Washington • FOR YOUR COMFORT PLEASE BRING A MAT OR TOWEL, AND A PILLOW

Location: Heritage Hall, 205 Market St, Kirkland
Resident \$59 / Non-Resident \$71

Tue	7–9pm	May 6	42351
Tue	7–9pm	July 8	42352

Adult Special Interest

Health & Nutrition

Effective Stress Management: Even in Uncertain Times

Are you feeling chronically worried, tense or stressed out? Have life setbacks been wearing you down? No matter what your situation, it IS possible to reclaim greater energy, mental clarity and peace of mind. You'll learn brain & body-based stress busters that really work: tools for derailing stress, anxiety and physical tension. You'll also learn how to replace negative thoughts with more constructive ones that free up your energy and creative resources. Handouts provided

*Instructor: Cynthia Seager • Location: PKCC
Resident \$17 / Non-Resident \$20*

Mon	6:30–8:30pm	Apr 14	42498
Thur	6:30–8:30pm	June 19	42499



Be Thinner, Healthier & Happier by Balancing Your Brain Type

This class will cover lifestyle, diet and exercise tips that help your brain type work better, so your life works better too. Learn specific strategies for balancing mood, improving your focus, losing weight and increasing your energy, all based on your brain type. Know your brain type: Amen Brain typing questionnaire will be provided during class. This class material is based on Dr. Daniel Amen's, "Change your brain, change your body" weight management and health improvement program. This introductory class lets you discover your brain type and gives an overview of Dr. Amen's brain-balancing concepts.

Instructor, Cynthia Seager, is a therapist and ADD/life skills coach who was a staff therapist, coach and educator for the PNW Amen Clinic for over 5 years.

Location: PKCC • Resident \$17 / Non-Resident \$20

Mon	6:30–8:30pm	May 12	42500
Thur	6:30–8:30pm	July 17	42502

Return to Work Series

Build fundamental job-seeking skills in Word, Excel, and PowerPoint to reenter the workforce.

Return to Work –Excel

Learn to customize the quick access menu, work with multiple worksheets, apply absolute and relative cell references, understand and perform calculations, use a pivot table and create what if worksheets. Sharpen your math skills by building fundamental job-seeking skills in Excel.

*Location: PKCC • Instructor: Doris Ford • 4 classes
No class 5/26 • \$5 lab fee per class is collected at time of registration*

*Sr-Resident \$46/ Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Mon	10am–12pm	May 5–June 2	41732
Fri	10am–12pm	July 11–Aug 1	41733

Return to Work –Word

Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

*Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration*

*Sr-Resident \$46/ Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Mon	12:30–2:30pm	Apr 7–28	41734
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Return to Work –Excel II

NEW! This class will teach you how to create a family budget that contains the total projected cost, the total actual cost and total difference. Learn how to check formulas for errors; find invalid entries, and use the watch window to keep track of the entered information. You will practice creating an amortization table, a pivot table, adding a hyperlink and embed an object.

*Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration*

*Sr-Resident \$46/ Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Wed	12:30–2:30pm	Apr 9–30	41881
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Return to Work –Word II

NEW! Learn to create your own default dictionary, open existing templates, work with graphs, pictures and add a picture caption. Practice using the screenshot tool and snipping tool as well as adding hyphenation, page breaks. Learn how to insert a bibliography, place holders, bookmarks, and a cover page with table of contents on long document, insert headers and footers and work with mail merge.

*Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration*

*Sr-Resident \$46/ Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Wed	10am–12pm	May 7–28	41879
Fri	12–2:30pm	July 11–Aug 1	41880

Adult and Child First Aid/CPR/AED

Age 14 to Adult

The Adult and Child First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age—adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/ CPR/AED valid for two years.

*Text Books and Pocket Masks not included in course fee and must be purchased separately at shopstaywell.com item #656731 • 6 hour course
• Location: PKCC • Resident \$90 / Non-Resident \$108*

Sat	9am–3pm	May 3	42331
Sat	9am–3pm	July 12	42332



Adult Special Interest

Computers

Create a Website for Fun & Profit

No programming required! Discover easy-to-use design tools that can build your personal or business website in 60 minutes. Then get traffic immediately using pay-per-click ads on Google, MSN, Yahoo! and Facebook. This class covers how to get ranked by the three major search engines (SEO), and the tips and traps of website design. Also learn how to create money generating Affiliate website, plus how to easily import and sell products direct from 1,500 manufacturers in China. Optional eBooks available for purchase during class. Taught by a multi award-winning instructor and published author from Seattle.

*This class is lecture only • Location: PKCC • Instr: Kevin Boyd
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Sat	9:30am–3pm	June 14	41877
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Introduction to iPad **NEW!**

Want to learn how to use your iPad to its fullest potential? Then this class is for you! Learn how to use Siri, email, keyboard shortcuts, and the calendar and clock functions as well as how to take pictures and use a photo app. You will also, learn how to download app, books and magazines.

*Location: PKCC Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration
Participants must provide their own iPad*

*Sr-Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Fri	8:45–10:45am	May 2	41729
Wed	8:45–10:45am	July 9	41731

Windows 8 classes now available!
See page 73 for more details.

One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Enjoy one-on-one tutoring with Doris Ford! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

*Resident \$30 / Non-Resident \$36 • \$5 lab fee per class is collected at time of registration
Advanced registration required, call 425.587.3360*

Real Estate

Home Sellers Workshop

Learn how to get top dollar for your home. Topics include: Pricing, Marketing, For sale by Owner (Pros and Cons), Cost involved: Marketing, Commissions, Taxes, Title, and Escrow etc.

*Instructor: Kim Prater • Location: PKCC • Handouts included
Resident \$10 / Non-Resident \$12*

Thur	7–9pm	May 15	41736
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Investment Property Seminar

Are you thinking about investing in real estate? Learn how to determine cash flow. Learn how to avoid the 10 biggest mistakes investors have made in the last boom, and see how YOU can take advantage of the crash. Learn terms, formulas, and evaluation tools such as Gross Rent Multiplier, Price per square foot, Cash on Cash return, Float and Desire, and Cap Rate used to evaluate multi-family, commercial, and investment properties. Bring your calculator!

*Instructor: Kim Prater • Location: PKCC
Resident \$10 / Non-Resident \$12*

Thur	7–9pm	July 17	41737
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Home Loan Workshop (Including Refinancing)

Whether you're a First Time Home Buyer, upgrading or looking for an investment or refinancing your existing properties it's important to learn how to structure the best loan. Come get all of your questions answered and learn how to save money on interest rates, hidden fees and high closing costs.

*Instructor: Kim Prater • Location: PKCC
Resident \$10 / Non-Resident \$12*

Thur	7–9pm	Apr 24	41882
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Home Affordable Refinance Programs (HARP)

Do you qualify for one of the government re-finance programs? If so, do you know which program is best for your scenario and what the advantages are? Learn answers to questions like when will the programs end and what are your options if denied? Kim Prater has over 25 years' experience in the finance industry and will share the answers to these questions and many more. Walk step by step through the complete loan process in this class.

Location: PKCC • Resident \$10 / Non-Resident \$12

Thur	7–9pm	Aug 7	41738
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General Interest

Is it a Real Work at Home Job or a Scam?

If you need extra ways to supplement your income but can't figure out what is legitimate, then this class is for you! The first half of this class focuses heavily on the marketing trick of scammers. You'll learn how to track emails, trace IP addresses and research companies, giving you confidence to recognize scammers from legitimate work. The second part of the class will provide you with over 170 resources on how to make extra income (besides selling your life on eBay), as well as over 140 legitimate companies that hire at-home workers. Basic internet and emails skills required. Course fee includes book with listings, a \$25 value.

*Instructor: Bethany Mooradian • Location: PKCC
Resident \$40 / Non-Resident \$48*

Wed	6–9pm	Apr 16	41015
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General Interest

Become a Mystery Shopper

Yes, there is such a thing as a free lunch! Companies hire people to make observations on their stores and employees. They need the information to train workers and improve customer service, and the result is that you get to earn money while you shop and eat! Learn who is hiring, what companies expect, how to write a great evaluation, tax reporting, common scams, and how to get started. Basic internet and emails skills required. Course fee includes book with listings, a \$25 value.

*Instructor: Bethany Mooradian • Location: PKCC
Resident \$40 / Non-Resident \$48*

Tue	6-9pm	May 6	41016
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Master Money Management, Really!

Do you struggle with keeping on top of your bills and account balances? Have trouble building savings? Don't feel financially self-confident? In this class you will learn how to start tracking and organizing your money and paperwork right away, to build the skills and awareness you need to truly be in control of your finances. It's possible to go from money overwhelm to money mastery! The instructor is a certified Financial Recovery Counselor, as well as a therapist and ADHD/Executive Skills coach.

*Instructor: Cynthia Seager • Location: PKCC
Resident \$10 / Non-Resident \$12*

Sat	9-11am	June 7	42528
Mon	6:30-8:30pm	Aug 11	42529



Cooking

Fun, Easy & Exotic Indian Vegetarian Cooking Class

Capture the alluring aroma and magical flavors of India and unleash them at your table with the presentation of your own exotic Indian meal. Learn the secrets about Indian spices, spice blends, basic curries and sauces, street foods and Indian pantry essentials in these fun and easy Indian Vegetarian cooking class. Enjoy simple, no-fuss recipes with step-by-step instructions presented by the instructor. You too, can manifest magic at your dining table.

*Instructor: Padma Mandalaparthi
• Location: PKCC • Supply fee paid to instructor \$5 per class*

Resident \$40 / Non-Resident \$45



Fiesta Rice Platters

Learn to make simple yet elegant rice dishes to wow your friends and family on any occasion. You will learn to make lemon rice, vegetable rice and coconut rice in this class.

Wed
7-8:30pm

April 2

41789

Exotic Vegetable Sides

Learn to put together simple and exotic side dishes that will soon be favorites with everyone. You will learn to make cauliflower and peas, green beans with coconut and spiced cumin potatoes in this class.

Wed
7-8:30pm

April 9

41790

Homemade Flatbreads

This class is always a favorite! Learn to make spinach rotis, paneer parathas and plain parathas in this class.

Wed
7-8:30pm

April 30

41791

Easy and Elegant Dinner Menu Part I

Learn to make an easy Indian dinner with a simple curried vinaigrette salad, spicy tomato chutney, and Indian sweetened yogurt to serve with rice or naans.

Wed
7-8:30pm

May 7

41792

Easy and Elegant Dinner Menu Part II

Learn to make another easy Indian dinner that includes tomato and baby greens with cumin seeds and curry leaves, spinach and paneer curry, carrot raita and sweetened yogurt to serve with rice or naans.

Wed
7-8:30pm

May 14

41793

Adult Special Interest

Selling on eBay

eBay I: The Basics of Selling

NEW! Whether you simply want to clear the closet, desire additional part-time income or a serious eBay business, this class is your foundation. Learn how to set up an eBay Seller account, create successful eBay listings, upload pictures and accept credit card payments with PayPal. Included are selling "Tips, Tricks and the Traps" to avoid. This class covers how to determine shipping costs, where to get FREE shipping supplies, how to print shipping labels from your home computer and get FREE home pickup. Optional eBooks available for purchase during class. This is an official eBay University class taught by multi-award winning eBay instructor and published author from Seattle. This class is lecture only.

*Instructor: Kevin Boyd • Location: PKCC
Resident \$49 / Non-Resident \$59*

Mon	5:30–8:30pm	Apr 21	41539
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eBay II: Advanced Selling Strategies

NEW! Learn the "Insider Tips and Strategies" that will draw the most bids, maximize sales and beat your competition. Learn how to find a profitable niche, what to sell, what to avoid and how to use Drop Shippers to minimize inventory costs. This class includes eBay research, marketing and photography tips, eBay Stores, plus how to easily import and sell products direct from 1,500 manufacturers in China. This class is lecture only.

*Instructor: Kevin Boyd • Location: PKCC
Resident \$49 / Non-Resident \$59*

Tue	5:30–8:30pm	Apr 22	41540
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eBay I & II: The Basics of Selling & Advanced Selling Strategies

Resident \$85 / Non-Resident \$102

Mon & Tue	5:30–8:30pm	Apr 21 & 22	41541
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Dog Training New Trainer!

Companion Animal Solutions is excited to offer dog training for owners with a busy lifestyle.

Instructor: Peggy Adams Myers • Location: PKCC • Resident \$39 / Non-Resident \$47

Impulse Control

Our four-legged family members are cute, warm, fuzzy, and full of enthusiasm. All they need now is a little guidance and development of impulse control. This course will walk you through the four steps of "leave it," "wait & release," and "distance stays" while adding duration, and distractions. You will walk away with very useful materials and practical techniques for a lifetime of canine impulse control.

Wed 6:30–7:30pm	April 2	41801
Tue	April 29	41802

Come When I Call

Your dog can learn to come to you quickly and reliably. You will be given a solid foundation and many ideas for practicing "come" when I call you. A reliable recall can save your dog's life.

Wed 6:30–7:30pm	April 9	41798
Tue	May 6	41799

Polite Door Greetings

Eliminate jumping and give your dog "something to do" when guests arrive. Good manners & proper door greetings can be as simple as getting your dog to sit, or go lay down on their bed. You will leave class with great ideas for door greeting management, as well as, solutions for everyone in your home to help with the training process.

Wed 6:30–7:30pm	April 23	41803
Tue	May 20	41804

Walking on a Leash No More Pulling

Walking casually on a loose leash is a great goal for everyday walking your dog. If walks are more like a tug of war than a peaceful stroll, you can change that for the better with this workshop. We'll cover a variety of different techniques for teaching your dog to keep the leash loose and stop pulling. No prong or choke collars.

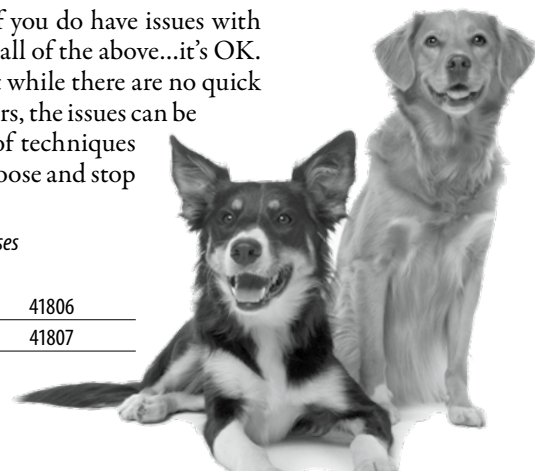
Wed 6:30–7:30pm	April 16	41800
Tue	May 13	41805

Reactive Rover & Lunging on Leash NEW FORMAT

The first week will teach owners that if you do have issues with other dogs, people, noise, movement or all of the above...it's OK. This class will help you understand that while there are no quick fixes but over time, with dedicated owners, the issues can be managed. In week two learn a variety of techniques for teaching your dog to keep the leash loose and stop pulling.

*Instructor: Peggy Adams Myers • Location: PKCC • 2 classes
Resident \$89 / Non-Resident \$107*

Tue	6:30–8:30pm	Apr 1 & 8	41806
Wed	6:30–8:30pm	Apr 30 & May 7	41807



Peter Kirk Community Center

PKCC

experience it!

The Peter Kirk Community Center (PKCC) is committed to providing opportunities for people age 50 and over, to create healthy and rewarding lives for themselves and others.

352 Kirkland Ave, Kirkland 98033 **425.587.3360**

The Peter Kirk Community Center (PKCC) is committed to providing opportunities for people age 50 and over, to create healthy and rewarding lives for themselves and others.

To achieve the goal of promoting wellness of body, mind and spirit, the Community Center offers a wide variety of activities and services. On any given day or evening, you will see people participating in fitness classes, Zumba Gold, Aerobics, Yoga, Ballet, a wide range of art and life-long learning classes, fun special events, inter-generational programs, and van trips. The Community Center also provides a wide range of health, legal and financial services, a nutritional hot lunch four days a week and operates the Meals on Wheels Program, delivering to the homebound in Kirkland.

This drop-in facility offers the opportunity for fun, friendship and socialization in a warm and friendly atmosphere. The support and tremendous amount of volunteer hours make it possible for the Community Center to offer a wide variety of activities and services.

At this time the Center does not provide respite, adult day care, and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e., incontinence, inability to use the restroom facilities by one's self, or preventing a participant from leaving the grounds of the Center). In addition, the provision of any personal care by staff for a participant is beyond our capability and cannot be expected. Participants in need

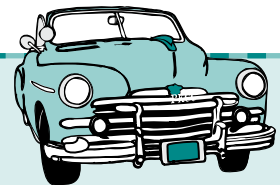
of personal assistance are encouraged to participate when accompanied by an escort. Older adults with special needs may be eligible for other community-based programs, such as adult day care (see page 79) or contact EvergreenHealth Community Healthcare Access Team at 425.899.3200 for other options.

Endorsements

Classes, workshops, services and events offered at the Peter Kirk Community Center are selected for the potential recreational and educational enjoyment of, and benefit to, interested participants. We do not endorse any products or programs that are presented. Individuals are responsible for making their own informed decisions.

Center Hours

Monday – Friday 8am–5pm
Center Closed 5/26, 7/4, 8/18,
8/19, 8/20, 8/21, 8/22, 8/25, 8/26, 8/27,
8/28, 8/29 & 9/1



Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.

GET MOVING

WITH THE KIRKLAND STEPPERS!

The Kirkland Steppers are launching into their 11th year of fun walking opportunities on Tuesdays (June 3–Sept 30) with a plethora of zany, dedicated walker's age 50+. Waste no time lacing up your sneakers for an experience only the Steppers can provide.



Becoming a Super Stepper “Club Card” member is simple at the Peter Kirk Community Center. Program details are outlined in the Club Walk Schedule, available at the front desk.



SPECIAL EVENTS		CLUB Member	NON-Member	Registration Number
June 3	Kirkland Stepper's “Kick Off” Celebration Continental Breakfast sponsored by Fairwinds Redmond	–0–	\$7	41542
July 1	Bothell Landing Lunch on your own in Downtown Bothell	–0–	\$7	41544
Aug 5	Evans Creek Preserve Lunch at Fairwinds Redmond	–0–	\$7	41545
Sept 9	North Creek Park Lunch on your own at Mill Creek Town Center	–0–	\$7	41546
Sept 30	“Finish Line” Extravaganza Lunch sponsored by Fairwinds Redmond	–0–	\$7	41547

See Page 77 for a great new class to prepare you for the walking season!

* WA State sales tax included *



Thank You Fairwinds Redmond & EvergreenHealth for Sponsoring Steppers!

The Super Stepper “Club Card” Membership has exclusive benefits:

For \$10 you can be a Super Stepper “Club Card” member. Club Membership has its Rewards!

REGISTRATION #41543

- Exclusive Membership Card
- Super Stepper give-aways
- First priority for registration for all Special Events.
- Special Event Walks (registration required)
- Transportation to Special Event walks (registration required – seats are limited)
- Admittance to the “Finish Line” Extravaganza
- Participation in community merchant discounts
- Reward for the highest number of walks attended

Non-Members

- Are encouraged and always WELCOME to join the walkers every week
- There is a \$7 fee per event for all special walks and parties
- Registration required for all Special Events and opens 2 weeks prior to event
- Stepper Club T-Shirt available to purchase for \$15



Special Events

* All special events include sales tax *

WELCOME WAGON

Are you new to the area? Never been to the Peter Kirk Community Center and wonder what we do here? Here is your chance to meet staff and learn about all the events, programs and services we offer; extend your tour by staying for lunch if you would like.

RSVP at 425.587.3360 • Free

Mon	11am	Apr 14	41548
Mon	11am	July 14	41549

Baked Potato Bar & Bake Sale

**It's back and
better than ever!**

Don't miss this **fabulous fund raising event** to support future PKCC Advisory Board projects. Enjoy a delicious baked potato bar with all the fixins' served with mountains of fresh salad. Be sure to save room to peruse the many fabulous goodies available at the bake sale.

Everyone welcome!

Advance tickets \$5 • Day of the event \$7

**Thursday 11:00am-1:00pm
May 15th • #42504**

SAVE THE DATE

Annual Volunteer Recognition Celebration

The City of Kirkland is thrilled to host the annual Volunteer Recognition honoring all of our dedicated 2013 volunteers.

April 10 • 6pm • Invitations to follow

Ice Cream & Bingo

Come in out of the heat and join the Peter Kirk Day Campers in a game of Bingo for fabulous summertime prizes. Start by cooling off with an ice cream sundae topped with all your favorite goodies.

August 14 • Cost \$5

Thur	11am	Aug 14	41550
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Pre-register for all events and classes.

CITY OF KIRKLAND SENIOR COUNCIL

JOIN THE KIRKLAND SENIOR COUNCIL

WHAT IS THE KIRKLAND SENIOR COUNCIL?

The city established the KSC to act in an advisory capacity to the City Council to ensure Kirkland remains a safe, vibrant community for adults 50 and older. It advocates, supports, shapes and creates programs and services to meet the needs of seniors in the community.

HOW DOES THE KSC WORK?

The Senior Council meets monthly for 2 hours and also works through committees and by representing Kirkland in various regional organizations.



HOW CAN I JOIN KSC?

Council members must either live, work, or serve Kirkland citizens age 50+ in Kirkland. Half of the KSC must be over 50 years of age.

- Terms are for 3 years.
- Vacancies will be filled year round

Contact: 425.587.3322 – or see
www.kirklandwa.gov/seniorcouncil

THE SENIOR COUNCIL INVITES YOU TO...



April is Volunteer Month. Learn more about the exciting and rewarding volunteer opportunities!

Volunteer Opportunities:

Health Care
Housing
Senior Care
Transportation
Food Banks
Animal Care
Park Development
Emergency Preparedness
Crisis Assistance
Time Banking
The Arts
...and many more

**Saturday, April 5
at PKCC
10am – 2pm**

- Door Prizes!
- Hot topic sessions!
- Celebrity Emcee!
- Free parking!
- Free snacks and beverages!



**For more information contact:
Dave Wagar 425.822.3737**

6TH ANNUAL SENIORS ART SHOW



Featuring artists 50 years of age or older
proving once again that

“Creativity is Ageless”

Merrill Gardens, 14 Main Street South

AUGUST 7–17

Six disciplines of art will be exhibited:

- Oils and Acrylics
- Watercolor
- Sculpture
- Photography
- Quilts
- Other Media

**For more information, contact
Penny Kahn 425.761.5489**

Arts & Crafts

Beginning and Continuing Drawing **NEW!**

Develop fundamental skills and sharpen proficiency: working from direct observation, in these class students will learn to render realistic drawings by studying line, light, form, and value changes. You will leave with a sound understanding of how proportion and perspective operate in the optical world. Through a range of exercises this class provides the essential visual knowledge to create more compelling artwork in all types of media, allowing you to draw confidently and productively.

*Class offered in partnership with the Kirkland Arts Center • Supply list available at PKCC • Location: PKCC
Instructor: Ruthie V. • 8 classes • No class 7/3
Resident \$130 / Non-Resident \$156*

Thur	1–4pm	Apr 17–June 5	41883
Thur	1–4pm	June 12–Aug 7	41884

Oil Painting

If you can hold a paintbrush, you can discover how to oil paint. Explore composition, color theory, and various paint application techniques. All abilities welcome.

*Supply list available at PKCC
Instructor: Danielle Barlow • Location: PKCC • 6 classes
No class 5/26 • Resident \$46 / Non-Resident \$55*

Mon	9:30–11:30am	Apr 28–June 9	41739
Mon	9:30–11:30am	June 16–July 21	41741

Beginning/Intermediate Drawing with Pastels

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for beginning and intermediate students. Continuing students should bring a project to work on.

*Supply list available at PKCC
Instructor: Louise Arntson • Location: PKCC
4 classes • Resident \$30 / Non-Resident \$36*

Wed	10am–12pm	Apr 2–23	41012
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Advanced Drawing with Pastels

Create beautiful scenes through the application of good drawing skills, ideas and special techniques of pastel painting. Prerequisite: Drawing with Pastels for Beginners or prior experience.

*Supply list available at PKCC
Instructor: Louise Arntson • Location: PKCC
4 classes • Resident \$30 / Non-Resident \$36*

Wed	1–3pm	Apr 2–23	41013
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Open Art Studio

Come paint or draw with other artists. The Peter Kirk Community Center Art Room is available for drop-ins on Tuesday afternoons. Check-in at the front desk.

For more information call 425.587.3360 • Will not meet 8/19 & 8/26 • Per visit fee: Resident \$3 / Non-Resident \$4

Tue	1–3pm	Ongoing
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Needle Craft Group

Have fun, socialize and work on your hand work.

Free

Wed	10am–12pm	Ongoing
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Stage and Screen

Video / DVD Movie Checkout

Our movie checkout library has grown. If you have videos or DVD's to donate, please drop them off at the front desk. Movies are available to check out, free of charge, to view either at the Center or at home.

Stage and Screen

Movie and Popcorn

Join the Peter Kirk Community Center Advisory Board for a movie and popcorn. The Advisory Board has chosen some favorites and new releases to share with you. Everyone is Welcome! Free!

The Way Way Back	Mon	1pm	April 21
Lee Daniel's The Butler	Mon	1pm	May 19
Last Vegas	Mon	1pm	June 16
Captain Phillips	Mon	1pm	July 21
About Time*	Mon	1pm	Aug 11

** Rated R*

Armchair Adventures: Slide Shows

Mondays at 10:30am. Free! Everyone is welcome!

April 7	Central California & Coast	Bill Birdsall
April 14	Atlantic Scandinavia	Ron Nece
April 21	Israel	Dr. James Monahan
April 28	Biodiversity	Ben Shimbo
May 5	Wenatchee to El Paso	Bill Birdsall
May 12	Thailand	Jim Hoff
May 19	Down the Mississippi	Ron Nece
May 26	CENTER CLOSED	
June 2	Black Hills & Yellowstone	Bill Birdsall
June 9	Locals & Locales in England	Ron Nece
June 16	Middle East Part I	Dr. James Monahan
June 23	Mexico & Dominican	Ben Shimbo
June 30	4 Seasons of Washington	Len Steiner
July 7	Alaska Cruise	Bill Birdsall
July 14	Costa Rica & Bahamas	Ben Shimbo
July 21	Valley Forge & Philadelphia	Len Steiner
July 28	New Mexico Balloon Festival	Len Steiner
Aug 4	Arizona	Bill Birdsall
Aug 11	Middle East Part II	Dr. James Monahan
Aug 18	CENTER CLOSED	
Aug 25	CENTER CLOSED	

Language

Introduction to Spanish

Habla Espanol? Learn to speak, read and write Spanish using basic vocabulary in the present tense. Yolanda Von Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German.

This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class • Location: PKCC • 5 classes Resident \$38 / Non-Resident \$46

Mon	1:30–3pm	Apr 21–May 19	41259
Mon	1:30–3pm	June 2–30	41260
Mon	1:30–3pm	July 14–Aug 11	41261

Continuing Spanish

Now that you know the basics, here's the opportunity to expand your vocabulary and increase conversational skills. Yolanda Von Diesl is fluent in 6 foreign languages and has been teaching for over 25 years.

This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class • Location: PKCC • 5 classes Resident \$38 / Non-Resident \$46

Wed	1:30–3pm	Apr 16–May 14	41276
Wed	1:30–3pm	May 28–June 25	41277
Wed	1:30–3pm	July 9–Aug 6	41290

Talk Time for Adults

Come practice speaking and listening in English with others at all levels. Class will be organized around a different discussion topic each day. Topics will include: current events, holidays, American culture and more.

For more information call Ty at JFS Refugee & Immigrant Service Center at 425.643.2221 • Location: PKCC • Free No class 4/4, 5/26, 7/4, 8/18, 8/22, 8/25, 8/28.

Mon	3–4:30pm	Ongoing	
Fri	3–4:30pm	Ongoing	

Special Interest

Is it a Real Work at Home Job or a Scam?

If you need extra ways to supplement your income but can't figure out what is legitimate, then this class is for you! The first half of this class focuses heavily on the marketing trick of scammers. You'll learn how to track emails, trace IP addresses and research companies, giving you confidence to recognize scammers from legitimate work. The second part of the class will provide you with over 170 resources on how to make extra income (besides selling your life on eBay), as well as over 140 legitimate companies that hire at-home workers. Basic internet and emails skills required.

Course fee includes book with listings, a \$25 value Instructor: Bethany Mooradian • Location: PKCC Resident \$40 / Non-Resident \$48

Wed	6–9pm	Apr 16	41015
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Become a Mystery Shopper

Yes, there is such a thing as a free lunch! Companies hire people to make observations on their stores and employees. They need the information to train workers and improve customer service, and the result is that you get to earn money while you shop and eat! Learn who is hiring, what companies expect, how to write a great evaluation, tax reporting, common scams, and how to get started. Basic internet and emails skills required.

Course fee includes book with listings, a \$25 value Instructor: Bethany Mooradian • Location: PKCC Resident \$40 / Non-Resident \$48

Tue	6–9pm	May 6	41016
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See more Special Interest Classes
on pages 59–64

Literary Arts

Mystery Book Club

Participants will select a book-of-the-month and then meet to share their reading experiences. Join us and bring along your favorite mystery. Everyone welcome!

Group meets the 1st Wednesday of each month, 1–2pm



Dance

Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Joe in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • Instructor: Joe Mraz • 6 classes No class 6/3 • Resident \$30 / Non-Resident \$36 Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	Apr 1–May 6	41674
Tue	10–11am	May 13–June 24	41675
Tue	10–11am	July 1–Aug 5	41676



Fragrance Free Zone

Please refrain from the use of any fragrant personal products while participating in programs and trips.

Thank you for your consideration!

Sports

Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

Location: Redwood Golf Center, 13029 Redmond-Woodinville Rd NE, Woodinville • Min 6 / Max 12
4 classes

Sr Resident \$89 / Sr Non-Resident \$99
Non-Sr Resident \$97 / Non-Sr Non-Resident \$119

Fri	10-11am	Apr 4-25	41660
Fri	10-11am	May 2-23	41661
Fri	10-11am	June 6-27	41662
Fri	10-11am	July 4-25	41663
Fri	10-11am	Aug 1-22	41664

Fitness & Exercise

Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

Wear athletic shoes • Location: PKCC
Instructor: Joan Wilde

Tuesdays 4 classes Resident \$35 / Non-Resident \$42

Tue	10:30-11:30am	Apr 8-29	41643
Tue	10:30-11:30am	May 6-27	41644

Thursdays 4 classes • No class 5/22
Resident \$35 / Non-Resident \$42

Thur	10:30-11:30am	Apr 3-24	41645
Thur	10:30-11:30am	May 1-29	41646
Thur	10:30-11:30am	June 5-26	41647
Thur	10:30-11:30am	July 3-24	41659

Thursdays 3 classes • Resident \$26 / Non-Resident \$31

Thur	10:30-11:30am	July 31-Aug 14	41653
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Yoga for Beginners

With close to 20 years' experience teaching Yoga, Sally teaches the basics of Yoga. She will introduce postures, breathing and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness and the ability to relax and release stress. Learn tricks and exercises you can do at home to improve your balance. Chairs are used in class to help with stability. You will leave class with a great stretch and a smile on your face, this class loves to laugh!

Bring mat or rug • Location: PKCC • Instructor: Sally Rodich

Mondays 4 classes • No Class 5/26 & 6/23
Resident \$40 / Non-Resident \$48

Mon	9-10am	Apr 21-May 12	41936
Mon	9-10am	May 19-June 16	41937
Mon	2-3pm	June 30-July 21	41938

Mondays 3 classes • Resident \$30 / Non-Resident \$36

Mon	2-3pm	July 28-Aug 11	41939
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Wednesdays 4 classes • Resident \$40 / Non-Res. \$48

Wed	10-11am	Apr 23-May 14	41940
Wed	10-11am	May 21-June 11	41941
Wed	2-3pm	June 18-July 9	41942
Wed	2-3pm	July 16-Aug 6	41957

Thursdays 4 classes • No class 4/17, 5/22, 7/3
Resident \$40 / Non-Resident \$48

Thur	9:15-10:15am	Apr 3-May 1	41943
Thur	9:15-10:15am	May 8-June 5	41944
Thur	9:15-10:15am	June 12-July 10	41966
Thur	9:15-10:15am	July 17-Aug 7	41959

Strength & Tone Aerobics

Join Charlene for this fun and friendly class that incorporates non-jumping, low impact aerobics with weights and mat work. All fitness levels are welcome, work at your pace to move and feel better.

Bring mat or rug • Location: PKCC • Instr: Charlene Watson

15 classes • No class 6/3 & 6/24 • Res \$47 / Non-Res \$56

Tue/Thur	9-10am	Apr 1-May 20	41827
Tue/Thur	9-10am	May 27-July 22	41828

6 classes • No class 8/19, 8/21, 8/26, & 8/28
Resident \$19 / Non-Resident \$23

Tue/Thur	9-10am	July 29-Aug 14	41829
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SOFTBALL Recruitment IS IN FULL SWING!

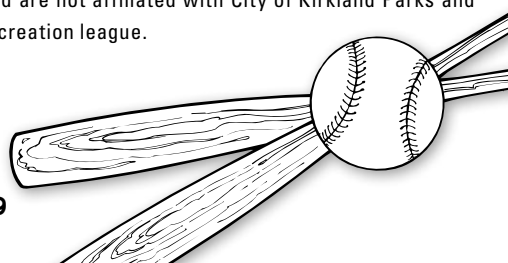
If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2014 season is underway! The two men's teams, "Moss Bay Hawks", "Kirkland Owls" and the co-ed team, "Kirkland Klassics" were all a hit in 2013! After a long winter break, team players are now dusting off their bats to begin practice in March 2014.

age
55+

Everyone is gearing up for another fantastic season of league play, May through July. These three recreational teams play in the Puget Sound Senior Softball Association and are not affiliated with City of Kirkland Parks and Community Services recreation league.

CO-ED TEAM INFO CALL
PAULA MILLER 425.822.7478

MEN'S TEAMS INFO CALL
RICH MILOVICH 425.827.1109



Fitness & Exercise



Enhance Fitness

This unique, comprehensive program developed by the U of W and Group Health Studies is safe for adults age 50+ with a wide range of physical abilities. Program includes stretching, low-impact aerobics, walking, balance training, strength exercises and motivation.

Instructor: Gina Casanova

Resident \$47 / Non-Resident \$56

No class 5/26, 7/4, 8/18, 8/20, 8/22, 8/25, 8/27, 8/29.

Lifetime is a covered benefit for persons covered by Medicare Parts A and B and enrolled in a Group Health Medicare + Choice (M+C) plan • Class meets 3 times a week: Mon, Wed and Fri • 15 classes per session • Registration begins 1 week prior to the first class of the session • Call 425.587.3360 for session dates and times.

Baked Potato Bar & Bake Sale

It's back and better than ever!

Don't miss this **fabulous fund raising event** to support future PKCC Advisory Board projects.

Everyone welcome!

**Thursday 11:00am-1:00pm
May 15th • #42504**

MORE DETAILS: PAGE 67

Games

Ping Pong (Table Tennis)

Open to players of all abilities.

Sign up at front desk or call 425.587.3360

Checkers, Chess, Scrabble, Backgammon and Cribbage

Enjoy any one of these games that are available, ask for the playing pieces at the front desk.

Drop in Pinochle

Pinochle is open to players of all abilities. Make new friends and find compatible partners.

Join the fun on Tuesdays at 12:45pm

Drop in Party Bridge

Party Bridge is open to players of all abilities. Make new friends and find compatible partners.

All are welcome to join Thursdays at 11am



Cards

Come use our card rooms for a friendly game; available days and some evenings.

Call 425.587.3360 for more information

Pool

Three tables are available for drop-in pool. All are welcome to join the fun in our Pool Room

Computer Classes

- \$5 lab fee per class is collected at time of registration
- If taking a Mac or iPad class participant must provide their own laptop or iPad, no Mac computers are available at PKCC.

MAC CLASSES

Introduction to iPad **NEW!**

Want to learn how to use your iPad to its fullest potential? Then this class is for you! Learn how to use Siri, email, keyboard shortcuts, and the calendar and clock functions as well as how to take pictures and use a photo app. You will also, learn how to download app, books and magazines.

Location: PKCC • Instructor: Doris Ford • 4 classes

\$5 lab fee per class is collected at time of registration

Participants must provide their own iPad

Sr-Resident \$17 / Sr Non-Resident \$20

Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45-10:45am	May 2	41729
Wed	8:45-10:45am	July 9	41731

PC CLASSES

Computer Basics

Introduction to Computers

For beginners with little or no computer experience. This class covers fundamentals of hardware and software, terminology, operations, keyboard and mouse skills. Learn the difference between word processing, spreadsheet and database software.

Location: PKCC Instructor: Doris Ford • 4 classes

No class 5/26 • \$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55

Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Wed	10am-12pm	Apr 9-30	41742
Mon	12:30-2:30pm	May 5-June 2	41743

Microsoft Windows

Introduction to Computers: Windows 8

This beginner class covers fundamentals of hardware and software terminology operations for Windows 8. Learn how to navigate backward and forward with swipes and/or the keyboard or mouse. Learn the difference between word processing and a spreadsheet.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
Participants provide their own laptop with Windows 8

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	10am–12pm	Apr 7–28	41831
Mon	10am–12pm	June 9–30	41832
Wed	10am–12pm	June 11–July 2	41833

Internet & E-Mail

Facebook Overview

Facebook is ranked as the most used Internet social network. Learn how to set your profile, control who can see your information, find friends, add a friend, block out someone, translate into another language, and write on a friend's wall.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Wed	8:45–10:45am	July 23	41744
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Up in the Clouds **NEW!**

Clouds backup all your files, keep files private or share files with contacts, restore deleted files, create new folders, move a file and rename files. Your private files are password-protected and encrypted. We will compare several cloud companies showing the amount of free space and the cost of more space.

Location: PKCC Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	Apr 25	41892
Fri	8:45–10:45am	June 6	41893

Return to Work Series

Build fundamental job-seeking skills in Word, Excel, and PowerPoint to reenter the workforce.

Return to Work –Excel

Learn to customize the quick access menu, work with multiple worksheets, apply absolute and relative cell references, understand and perform calculations, use a pivot table and create what if worksheets. Sharpen your math skills by building fundamental job-seeking skills in Excel.

Location: PKCC • Instructor: Doris Ford • 4 classes
No class 5/26 • \$5 lab fee per class is collected at time of registration

Sr-Resident \$46/ Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	10am–12pm	May 5–June 2	41732
Fri	10am–12pm	July 11–Aug 1	41733



Return to Work –Excel II

NEW! This class will teach you how to create a family budget that contains the total projected cost, the total actual cost and total difference. Learn how to check formulas for errors; find invalid entries, and use the watch window to keep track of the entered information. You will practice creating an amortization table, a pivot table, adding a hyperlink and embed an object.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46/ Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Wed	12:30–2:30	Apr 9–30	41881
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Return to Work –Word

Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46/ Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	12:30–2:30pm	Apr 7–28	41734
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Return to Work –Word II

NEW! Learn to create your own default dictionary, open existing templates, work with graphs, pictures and add a picture caption. Practice using the screenshot tool and snipping tool as well as adding hyphenation, page breaks. Learn how to insert a bibliography, place holders, bookmarks, and a cover page with table of contents on long document, insert headers and footers and work with mail merge.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46/ Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Wed	10am–12pm	May 7–28	41879
Fri	12–2:30pm	July 11–Aug 1	41880



Information on the Internet

Search for information on the Internet using search engines, view your home town newspapers, and magazines. Learn how to download Internet files, buy items over the Internet, and use anti-virus programs and firewalls.

Location: PKCC • Instructor: Doris Ford

\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20

Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	Apr 11	41745
Fri	8:45–10:45am	June 20	41746

Scanning, Editing & Creating

Organize Your Computer

Learn the structure of folder and files, how to create and arrange folders and files so you can easily retrieve saved material, how to organize, save, and rename them and how to search for lost files and retrieve or delete files from the Recycle Bin.

Location: PKCC • Instructor: Doris Ford

\$5 lab fee per class is collected at time of registration

Sr-Resident \$17 / Sr Non-Resident \$20

Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	May 16	42083
Wed	8:45–10:45am	July 16	42084

Getting to Know Your Digital Camera

In this class, work with your own equipment to determine which settings provide the most satisfactory results. Transfer your pictures to the computer, edit and print them. Prerequisite: Ownership or access to a digital camera with 3.2 or more mega pixels. Bring your camera, extra batteries and your camera/computer connection to class

Location: PKCC • Instructor: Doris Ford

\$5 lab fee per class is collected at time of registration

Sr-Resident \$17 / Sr Non-Resident \$20

Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45pm	May 9	41747
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One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Enjoy one-on-one tutoring with Doris Ford! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

Resident \$30 / Non-Resident \$36

\$5 lab fee per class is collected at time of registration

Advanced registration required, call 425.587.3360

Financial

Advanced registration required:
425.587.3360

Coffee, Cash and Conversation

Discuss current events, the economy and investing in a relaxed and informal setting. This is a great way to get your questions answered. Everyone is welcome and the coffee is on us!

Presented by Cory Shepard, Financial Advisor with Edward Jones • Advance registration is required, call 425.587.3360 • Free

Fri	10:30–11:30am	Apr 4	41834
Fri	10:30–11:30am	May 2	41835
Fri	10:30–11:30am	June 6	41836
Fri	10:30–11:30am	Aug 1	41837

Financial & Legal Class Policy

The Peter Kirk Community Center offers a variety of financial and legal classes but does not endorse any speaker. Presenters have been asked not to call or solicit any students and to give information only. Our class lists are never given to anyone. We suggest you listen to a variety of presenters before making any financial or legal decisions. This is an educational opportunity only. No marketing is allowed. Report any violations to Betsy Maxwell, Recreation Coordinator. Advance registration is required for all programs.

Call 425.587.3360.

Financial Services

Income Tax Assistance

Volunteer Tax Advisors will help you prepare your 2013 tax return.

Appointments are available Fridays from 10am–3pm, Feb 7–April 11 • No fee • Appointments required, call 425.587.3360

Attorney General's Consumer Protection Web Page

Contact the Washington State Attorney General's office regarding privacy protection, online complaint forms, and getting off phone solicitor and junk mail lists.

www.atg.wa.gov

Clearpoint Credit Counseling Solutions

(Formerly Solutions Consumer Credit Counseling)

Provides counseling, money management assistance, advice on debt reduction and the wise use of credit.

Call 800.750.2227 or go to www.clearpointfinancialsolutions.org.

Property Tax Benefits Program

To receive a property tax exemption, a taxpayer must be age 61+, own and occupy their residence and have an annual income that does not exceed \$35,000.

To see if you qualify, call 206.296.3920

Social Security

Open 7am–7pm weekdays

Call 1.800.772.1213 or go to www.ssa.gov.

Legal Services

Senior Rights

A volunteer program that provides free information, referral and support on health insurance, legal and consumer issues. They also sponsor the Elderlaw legal clinic with the Washington Bar Association.

For more information call 206.448.5720 or go to www.seniorservices.org/financiallegalprograms/seniorrightsassistance.aspx

Eastside Legal Assistance Program

ELAP provides lawyers to answer your legal questions Fridays, 2–4pm.

*No fee • Appointments required
To qualify, call 425.747.7274*



Wills Project

Are you worried about being kept on life support against your will? Should your loved ones have to go to court to take care of you? A volunteer attorney through the Eastside Legal Assistance Program (ELAP), a non-profit legal service program, will prepare simple wills, durable power of attorney for health care decisions and living wills. Clients must meet eligibility guidelines.

No fee • Call 425.747.7274

Wedding? Party?
Reunion? Meeting?

GOT AN EVENT?

WE'VE GOT SPACE.

The Peter Kirk Community Center and North Kirkland Community Center can meet these needs and more. Both centers feature hardwood floors, full kitchens and usage of tables and chairs.

For information and availability please give us a call!



Peter Kirk Comm. Center

(located at Peter Kirk Park)

425.587.3360

North Kirkland Comm. Center

(located at North Kirkland Park)

425.587.3350



EvergreenHealth

EnhanceWellness Program

Evergreen EnhanceWellness

Do you want to take control of your life and improve your health, but aren't sure where to turn? Let the EnhanceWellness team help you develop a personalized plan to address the areas of your health that are most important to you.

Maybe you have thought of increasing your social circle, working on your feelings, losing weight or starting an exercise program, but have had difficulty getting motivated. We all have a multitude of reasons for not taking action on things that could enhance our well-being, but research shows that with a little help we can overcome these barriers. EnhanceWellness is a participant-driven, evidence based

health promotion program. You will work one-on-one with a nurse and/or social worker who will provide an assessment, personal guidance to improve your identified health issues, and ongoing support to help you meet your goals.

*Program is free of charge • Tuesdays by appointment
Call Patti Quale RN-BC, 206.268.6740*

Evergreen EnhanceWellness Social Work Consultation

For those needing assistance from a social worker for any concerns or problems, such as health, depression, grief, loss, life transitions, help finding housing or transportation, etc.

*Program is free of charge • Mondays by appointment
Call Jodi Dearborn MA, LMCHA, GMHS, 425.286.1047*

Support Groups

Men's Coffee Hour

*1st & 3rd Monday 9-10:00am in the Sunroom
Coordinated by SW*

Join other men in discussion around healthy aging, Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness

Women's Coffee Hour

*2nd & 4th Monday 9-10:00am in the Sunroom
Coordinated by SW*

Join other women in discussion around healthy aging, Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness

Thank you EvergreenHealth for your generous support of our Health & Nutrition Classes, Wellness Program, and Kirkland Steppers!

PEARLS Counseling

- > Depression affects up to 20% of older adults.
- > Depression affects your health and quality of life.
- > Depression is not a normal part of aging.

PEARLS is an evidenced-based depression management program for mild depression or dysthymia (chronic depression). The program combines problem solving treatment, social and physical activity, and pleasant activity scheduling to manage symptoms of depression.

All this is done with a trained PEARLS counselor.

In the past two weeks,

- > Have you had little interest or pleasure in doing things?
- > Have you been feeling down, sad, or hopeless?

If you answered yes to one of the above questions, then PEARLS may be a program for you.

Contact Janet Zielasko, MS, LSW at 425.286.1035 to schedule an appointment.

Health & Nutrition

To Register for EvergreenHealth
Classes call 425.899.3000
and Press 1

Asthma & Allergies: Surviving the Spring

Learn how to effectively recognize the signs and symptoms of asthma and other respiratory ailments. Natural treatments and management options to help you breathe easier will be explored.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Apr 4
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Safety at Home **NEW!**

Home – “The place where one lives permanently”. Home is the place where you find comfort and relax. Did you know that your home can be more hazardous than you think? According to the CDC, nearly 8 million people are injured in falls every year. Join us to find out smart changes you can make to ensure your safety at home so that you or a loved one don’t become a statistic

Presented by Patti Quaale RN-BC • Free

Tue	10am–12pm	Apr 8	41895
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Living Well with Diabetes

NEW! This Diabetes Self-Management program is a 6-week workshop developed and tested by Stanford University. Your participation will help you gain skills to better manage glucose monitoring, medications, symptoms, fatigue and pain. Learn to handle difficult emotions, improve communication with family, friends and your medical team. Benefit from the support of others who understand what you’re going through.

Limited to 16 participants

Facilitated by Patti Quaale RN-BC • Free

Tue	1–3:30pm	Apr 8–May 13	41896
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Gardening Injuries **NEW!**

Pulling the weeds got your back in a cramp? Learn about proper posture, stretching techniques and various tools to aid your flowering garden.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Apr 18
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Taking Charge of your Future: Senior Housing & Care Options **NEW!**

What is the difference between independent Living, Assisted Living, Adult Family Homes and In Home Care? Did you know that as a veteran or widow of a veteran you can receive up to \$1,700/month toward your care? Get the answer to these and any other questions about senior care including downsizing, elder care attorneys, realtors that specialize in elder care and more. All attendees will receive a CHOICE resource guide.

Presented by Laural Dunham,
CHOICE Advisory Services Inc.

Mon	1–2:30pm	Apr 21	41898
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Mood & Meds **NEW!**

Discover ways that your mood can alter health conditions such as diabetes, cardiovascular health and overall aging. Also hear ways to improve your mood and find more happiness.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	May 2
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Powerful Tools for Caregivers

A six-week series for unpaid family caregivers that provide tools for self care and builds confidence in handling difficult situations, emotions and decisions.

Facilitated by Janet Zielasko, MS, LSW and
Jeannie DeSmet RN • Free • No class May 26

Mon	1–3:30pm	May 5–June 16	41899
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Simple Exercises to Prepare for Kirkland Stepper’s **NEW!**

Learn some simple stretching & flexibility exercises that you can do to make Steppers your complete workout. We’ll go thru warm up, flexibility exercises, cool down and stretching.

All attendees will receive a Theraband to take home!
Presented by Patti Quaale RN-BC • Free

Tue	10–11am	May 6	41910
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Cholesterol/Diabetic Screen

Screening will include fasting full panel cholesterol test and glucose. Results will be given before you go home! Limit 25 participants, must register for time slot.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri	8:30–10:30am	May 16
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Loss & Grief in Life Transitions **NEW!**

Retired? Relocated? Developed a chronic condition or illness? Had a loved one die? These and other transitions can leave you with a deep sense of loss. Come to this presentation to learn helpful insights into the grieving process as it pertains to these and other life changes

Presented by Georgia Rigler, MSW,
Evergreen Grief & Bereavement • Free

Mon	1–2:30pm	May 19	41904
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Age 50+

At Home Exercises for Caregivers and Others **NEW!**

How do you exercise when you are not able to get out and go to the gym or a class on an ongoing basis? Exercise and physical activity are a great way to feel better, gain health and improve your outlook. Just 30 minutes throughout the day can do this. Join us for this 1 hour class and get the basics for change in your life. All attendees will receive a copy of "Go4Life" from the National Institute of Health to help them start their journey.

Class size is limited – sign up early by calling 425.587.3360 • Presented by Patti Quaal RN-BC • Free

Tue	10:30–11:30am	May 20	41905
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Getting What You Want from Healthcare

Make sure you are prepared for your next physician's visit by learning important questions to ask, what services you should request and how to ensure that you are informed of all medical options available to you.

*Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri	12:45–2pm	June 6
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Nutrition and Wellness **NEW!**

Join this interactive talk regarding the importance of fruits and vegetables in the diet of older adults and simple ways to incorporate physical activity into a daily schedule.

Presented by Lekha Kaunanithi • Free

Tue	12:45–1:30pm	June 17	41907
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Good Grief Guidance **NEW!**

What can you say or do to help someone who has suffered a loss? Get guidance around being with people who are grieving including do's and don'ts and appropriate responses for unwanted comments.

*Sponsored by EvergreenHealth • Free
To register call 425.899.3000 and press 1*

Fri	12:45–2pm	June 20
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Methods for Relaxing

Learn and practice basic mindfulness meditation, visualization, and relaxation techniques to reduce stress and achieve inner peace.

*Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri	12:45–2pm	July 11
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Hot Hot Hot! **NEW!**

It's HOT out there! Learn the dangers that warm temperatures can create, especially for those with chronic illness, and how to keep hydrated.

*Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri	12:45–2pm	July 18
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Summer Cooking: Fresh & Nutritious **NEW!**

We will be exploring healthy simple cooking & shopping ideas to utilize some of the fresh produce that is in season and available at our local farmer's markets. We will also discuss some ways of preserving these fresh items to enjoy all year round. Presentation will end with a demonstration on a quick and easy recipe for everyone to enjoy.

Presented by Kaitlin Todd, RD • Free

Mon	1–2pm	July 21	41913
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Cooking for One

Break poor eating patterns. Learn how to make healthy food choices and adapt recipes.

*Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri	12:45–2pm	Aug 1
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Mindercise for Memory Enhancement

Learn the 3 A's of memory enhancement: attitude, attention and activity. See how the 3 A's can either help or hinder memory and concentration skills. Emphasis is on fun and mental stimulation.

*Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri	12:45–2pm	Aug 15
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Health Services

Oral Health Care

Affordable teeth and denture cleaning for adults age 50 + provided by Healthy Smiles Inc on the first Tuesday of the month. Dental hygiene services include cleaning, oral cancer screening and fluoride treatment for \$77. Denture cleaning also available for \$10. This is a special program approved by the WA State Legislature. Patients must complete preliminary paperwork and be 50 years or older.

For appointments and more information, call 425.587.3360

Health Services

Foot Care

Foot care service is provided by a nurse on Wednesdays. Fee \$25.

For appointments, call 425.587.3368 between 9am and 3pm on Wednesdays.

Meals on Wheels Program

Nutritional frozen meals are available for the homebound. Liquid supplements available.

For info call 425.587.3360.

Lunch Nutrition Program

Nutritious meals served at 12pm, Mon, Tues., Wed and Friday. Check-in is first come, first served starting at 11am.

Lunch is \$3 donation for persons 60+ • All others \$6

Statewide Health Insurance Benefits Advisor (SHIBA)

Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the third Monday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long term care insurance.

Appointments required, call 425.587.3360

Widowed Information & Consultation Services

WICS offers group support to men and women who are coping with the death of a spouse/partner.

Call 206.241.5650 or go to www.kcwics.org

Community Resources

Senior Information & Assistance

Information and referral on a wide variety of senior related issues.

Call 206.448.3110 or go to www.seniorservices.org

Bridge Ministries for Disability Concerns

Services for persons with disabilities. Free used durable medical equipment, guardianship services and consultation.

Call 425.885.1006 or go to www.bridgemin.org

Evergreen Care Network

Helps older adults remain independent.

Call 425.899.3200 or go to www.evergreenhospital.org/for_patients/medical_services/evergreen_care_network

Overlake Senior Care Connections

Services, resources and information for seniors.

Call 425.688.5800
www.overlakehospital.org/services/senior-care

AARP Area Office

American Association of Retired Persons.

Call 1.888.687.2277 or go to www.aarp.org/states/wa

Benefits Check Online

www.BenefitsCheckUp.org is the first of its kind, web-based service designed to help seniors and their families and caregivers find the right benefits programs to meet their needs. A fast, free and confidential screening tool to determine eligibility for nearly 1,000 unique state and federal programs. Now, consumers can find out what their options are under the new Medicare plans.

Adult Day Centers

These certified centers provide safe, well-supervised therapeutic, activities, programs and services for adults with cognitive and/or physical disabilities. For more information call:

Northshore Adult Day Center 425.488.4821

Elder & Adult Day Services..... 425.867.1799

Respite Care Program

King County can provide Respite services to caregivers in need of a break from the demands of care giving for someone who is chronically ill or disabled. Goods and services can be purchased for functionally impaired older adults with funds through Seattle-King County Aging and Disability "Client Specific Program".

For more information call Senior Information & Assistance 206.448.3110 or Evergreen Care Network 425.899.3200.

Respite Care Services on the Eastside

In-home respite care provided by volunteers is available to help with care giving on a short-term basis.

Evergreen Home Care Services 425.899.3300

Eastside Friends of Seniors 425.369.9120

Volunteer Chore Services
(Catholic Comm. Svcs.) 206.328.5787

Jewish Family Services..... 206.461.3240



Fragrance Free Zone

Please refrain from the use of any fragrant personal products while participating in programs and trips.

Thank you for your consideration!

Age 50+

Driver Training

AARP — 55 Alive Driving Course

This driver training course takes into consideration physical changes of the mature driver and identifies ways one may compensate for these changes. The course also provides information that may improve your driving behavior. Insurance rate reduction for seniors taking this course.



Fee \$15 for AARP members / \$20 for non-members, please bring AARP membership card to class

*Make checks payable to AARP on the first day of class
To register call 425.587.3360*

Wed & Thur 12:30–4:45pm May 7–8 41749

Volunteer Opportunities

Center Volunteer Opportunities

The Center's continued success is directly related to our hard-working and dedicated corps of volunteers. Currently, there are a variety of volunteer opportunities at the Center, they include:

- Delivering Meals on Wheels to home-bound seniors in Kirkland
- Preparing lunches
- Dishwashing
- Front Desk Greeter
- Coffee Bar
- Slide show presenter, share your travels

For more information call Patrick at 425.587.3012.

Chinese, Latino & South Asia Services

Educational & Recreational Programs Accessible to Chinese & Latino Seniors

Programs and services available to all seniors are now more easily accessible to Chinese and Latino seniors at the Peter Kirk Community Center. Through the presence of a bilingual staff worker, they have the opportunity to participate in social, recreational and educational activities and daily hot lunch. Traditional program components such as outreach and advocacy are also provided.

CHINESE SERVICES: TUESDAYS

For more information call Bolivar at the Chinese Information & Services Center, 206.624.5633, ext 4140.

Mandarin Support Group

Share daily experiences with others. Facilitated in Mandarin/Cantonese language. New topic each month. Free

Tue 11:15am–12:15pm Ongoing

E.S.L. for Chinese Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited, or no English. Free

Tue 1–3pm Ongoing

LATINO SERVICES: WEDNESDAYS

For more information call Clemencia Robayo at Sea Mar Community Health Center, 206.764.8044.

Strategy for a Healthy Longevity (in Spanish)

Learn how to improve your health and slow the aging process. Key elements that will enhance quality of life and advance your well-being will be discussed. Free

Monthly 10–11:45 am 1st Wednesday

E.S.L. for Latino Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited or no English. Free

Wed 12:45–2pm Ongoing

Employment

Employment Service

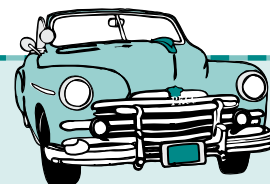
Low income seniors looking for part-time work.

Call Senior Employment Service/AARP, 206.624.6698 or go to www.aarpworksearch.org

Employment Resource Center

This service provides assistance to people 55+ seeking an opportunity for employment. Co-sponsored by the Seattle Mayor's Office for Senior Citizens.

For more information, call 206.684.0500 or go to www.cityofseattle.net/humanservices/seniorsdisabled/mosc/employment.htm



Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.

Transportation

Get Out, Get Going, Get on Metro: Metro Transit Education Class **NEW!**

Receive free individualized bus training. Learn about public transportation and other transportation resources available within your community. Transit instruction can give you confidence to safely and comfortably travel on any public transportation system. Find out how to obtain a Regional Reduced Fare Card, learn about the ORCA Card, and receive information about ACCESS Transportation. This is an opportunity to become connected with some widely used transportation services by seniors who live throughout King County. Expand your independence and travel options!

Free

Mon	12:45–1:30pm	Apr 28	41924
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Travel Ambassadors

Want to go to the store, library and other destinations without driving? Talk to a certified Community Travel Ambassador about where you want to go and get help planning your trip. It's easy and FREE!

Wed	9–11am	Apr 2
Wed	9–11am	May 7
Wed	9–11am	June 4
Wed	9–11am	July 2
Wed	9–11am	Aug 6

Metro Bus ID **NEW DAY!**

Reduced fare passes for ages 65+ and disabled, Fee \$3

Thur	10–11am	Apr 17
Thur	10–11am	June 19
Thur	10–11am	Aug 14

Access

Transportation to appointments, grocery shopping and the Community Senior Center.

To schedule, call 206.205.5000 or toll free 1.866.205.5001.

Volunteer Transportation for Seniors

Personal transportation to medical and other essential appointments.

For rides or to be a volunteer driver, call 206.448.5740 or toll free 1.800.282.5815 or go to www.seniorservices.org.

METRO Information

Rider Information.

Call 206.553.3000 or toll free, 1.800.542.7876. TTY: 206.684.1739.

HOPELINK

Transportation to medical appointments for individuals with Medicaid coupons.

Call 1.800.923.7433 or go to www.hope-link.org/get_help/transportation

Share a Ride & Meet a New Friend

Do you drive to the Peter Kirk Community Center for lunch or other activities? Are you available to provide a ride for an older adult who needs transportation? As a volunteer, drive your vehicle and choose the days you are available. Through Senior Services Volunteer Transportation Program you receive reimbursement for mileage and supplemental liability insurance.

For more information, call 206.448.5740

Daily Van Transportation

The Center's van is operated by the Northshore Senior Center Monday-Friday. Transportation to and from the Center is for city residents only. Participants must be Access eligible to participate in this program. Please call 425.587.3363 for more information about this program or to reserve a ride, no later than 5pm the previous day.

Suggested donation of \$2.00 each way.

Attention Van Riders!

All riders must be Access eligible to participate in the transportation program. If you need help with your Access application, Mari is available to offer you assistance.

Please call 425.587.3363 to set up an appointment or if you have any questions.

Grocery Shopping

The Northshore Senior Center provides weekly transportation to and from local grocery stores. Shopping times are determined by the geographical location of your home.

To receive a schedule or make an appointment, call 425.587.3363

Thur	Apr 3	Safeway
Wed	Apr 9	QFC
Tue	Apr 15	Bridle Trails
Wed	Apr 23	Fred Meyer
Wed	Apr 30	Safeway
Wed	May 7	QFC
Wed	May 14	Bridle Trails
Wed	May 21	Fred Meyer
Wed	May 28	Safeway
Wed	June 4	QFC
Wed	June 11	Bridle Trails
Wed	June 18	Fred Meyer
Thur	June 26	Safeway
Thur	July 3	QFC
Wed	July 9	Bridle Trails
Wed	July 16	Fred Meyer
Wed	July 23	Safeway
Wed	July 30	QFC
Wed	Aug 6	Bridle Trails
Wed	Aug 13	Fred Meyer
Wed	Aug 20	Safeway
Wed	Aug 27	Top Foods (Woodinville)



Van Trip Planning Meeting

Have you ever thought someplace would make a great van trip? Here is your chance to give your input! Please join us for a brainstorming and planning meeting for Fall 2014 / Winter 2015 van trips.

**Thursday, April 24
11:00am at the Center**

All trips include sales tax

Shops & Slots

Tuesdays 10am–4pm
Resident \$21 / Non-Resident \$25
Bring lunch \$

The Outlet Collection & Muckleshoot Casino	June 10	41756
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Renton History Museum & Berliner Pub

Wed., April 2 41874 10am–2:30pm
Resident \$18 / Non-Resident \$21
Bring lunch \$

NEW! Learn more about the history of greater Renton with the museum's collection of over 15,000 photographs and 90,000 objects spanning all periods of Renton's past. Be sure to work up your appetites because next you are off to the Berliner Pub for an authentic German lunch.

Out For Lunch Bunch **ALL NEW LOCATIONS!**

11am–2pm • Resident \$13 / Non-Resident \$15 • Bring lunch \$

Caspian	Thur April 17	After 18 years at their Seattle location this delicious authentic Persian restaurant opened a second location in Bellevue in 2011 to rave reviews. (Located in Bellevue)	41750
Chef City Grill at Lake Washington Technical College	Fri May 23	The Chef City Grill is a full-service restaurant operated by the Culinary Arts program at the Lake Washington Technical College. Please note that you must pre-order your lunch by 5/8, menu will be at the front desk after 4/28. (Located in Kirkland)	41751
Toulouse Petit Kitchen & Lounge	Thur June 19	Toulouse Petit was chosen as the 5th Favorite Restaurant in the United States and 10th Favorite Restaurant in the World by tripadvisor.com! Specializing in Cajun and Creole cooking this restaurant has something for everyone. (Located on Lower Queen Anne)	41752
The Hi-Life	Thur July 31	Located in the 103 year old historic Firehouse No. 18 built in 1911, the Hi-Life serves up a rotating menu that features the best of our four seasons here in the Pacific Northwest. (Located in Ballard)	41753
Whistle Stop Ale House	Tue Aug 12	The Whistle Stop has seventeen rotating taps that feature the finest ales and lagers of the Pacific Northwest and the World. Freshly grilled deli sandwiches are the menu specialty along with soups, salads and appetizers. (Located in Renton)	41754

Daffodils, Dining and Deals

Tue., April 8 41842 9am–4:30pm
Resident \$25 / Non-Resident \$30
Bring Lunch \$

Start out the day exploring daffodil fields in Mt. Vernon. Then head over to Calico Cupboard Café and Bakery for a delicious lunch and to plan out your shopping spree because the next stop is the Outlet Shoppes at Burlington.

Yellow School Bus Tour

Wed, April 16 41843 8:30am–12:30pm
Free Bring Lunch \$

NEW! Want to feel like a school kid again? Lake Washington School District invites you to join us for a Yellow Bus Tour. We'll board a yellow bus to visit Bell Elementary (completed fall 2013), Rose Hill Middle School (completed fall 2013) and Lake Washington High School (completed fall 2012). This is your chance to walk around the newly re-built schools and to see how education has changed over the years. Join us for lunch and a Q&A session after the tour. **Must sign up by 4/9 to secure reservation.**

CenturyLink Stadium Tour

Friday, April 25 41844 11am–5:15pm
Resident \$28 / Non-Resident \$32
Bring lunch \$

NEW! Visit the home of the 2014 Super Bowl World Champions. This hour and a half experience will give you a behind the scenes experience like you've never had before. You will have a chance to see the back-of-house areas, suite and club levels and the famous 12th Man Flag Pole. Be sure to bring your camera to capture some of the best views of the Puget Sound, Olympic Mountains and downtown Seattle. Begin this fun day with lunch at Henry's First Ave Tavern.

Flying Heritage Museum

Thur, May 1 41845 10:45am–4:30pm
Resident \$29 / Non-Resident \$33
Bring lunch \$

NEW! Start the day off with a hearty lunch at Shawn O'Donnell's and then head over to Payne Field for a unique experience. Enjoy a guided tour of the Flying Heritage Collection located in a restored working hangar, you will have an opportunity to get up close and personal with planes and technologies from 1935-1945, with exhibits that shine a light on the humanity of the home front of warring nations.

Olympia Legislative Process Tour

Thurs., May 8 41846 8am–4pm
Resident \$19 / Non-Resident \$23
Bring lunch \$

NEW! Enjoy an in depth look at the legislative branch of government. Learn how a bill becomes a law, experience a mock committee hearing and visit legislative process locations such as the House and Senate chambers, committee hearing rooms and the Legislative Information Center. On the way back to Kirkland stop for lunch at the Fish Tale Brew Pub. **Must sign up by 4/18 to secure reservation.**

Rainier Glass Studio

Thur., May 15 41847 8am–2:45pm
Resident \$45 / Non-Resident \$50
Bring Breakfast \$

NEW! Here is your chance to explore one of the largest hand-blown glass galleries in the Northwest located in the Rainier Brewery building. You can browse through the huge selection of glass product from over 90 local and regional artists and you will have a unique opportunity to make your own glass project. Start the day off with a hearty breakfast at Hudson located in Georgetown. **Must sign up by 5/1 to secure reservation.**

Puyallup Antique District

Thurs., May 29 41848 9:30am–4pm
Resident \$21 / Non-Resident \$25
Bring Lunch \$

NEW! Have a fun day unearthing treasures in Puyallup's Antique District. Lunch on your own at one of the local restaurants or cafés.



Taproot Theatre: Diana of Dobson's

Wed., June 4 41849 12:30–5:30pm
Resident \$34 / Non-Resident \$38

NEW! Before there was Eliza Doolittle there was Diana of Dobson's. She's young, underpaid and overworked and seems to have no chance at success until she unexpectedly receives a small inheritance and vows to "know what it's like to have a royal time." This clever, romantic and comic gem was written in 1908 but remains surprisingly fresh and relevant today. **Must sign up by 5/14 to secure reservation.**

TreeHouse Point and the Raging River Café & Club

Wed, June 25 41850 10am–3pm
Resident \$33 / Non-Resident \$36

NEW! Just 30 minutes outside of Seattle is the home to one of the rarest experiences you could imagine. Nestled in the forest beside the Raging River is TreeHouse Point, a very unique type of bed and breakfast. On this one hour tour you will have the opportunity to see inside as many of the 8 tree houses as possible (based on availability). Afterward, enjoy lunch at the Raging River Café and Club. **Must sign up by 6/11 to secure reservation.**

Independence Day Murder Mystery Lunch Cruise

Wed., July 2 41854 10:15am-3:15pm
Resident \$92 / Non-Resident \$97

NEW! Come aboard for a fun 2½ hour "who-dunnit" mystery lunch cruise, featuring famous characters and interesting topics from United States history in honor of the upcoming Fourth of July holiday. Hints will be provided to help unlock clues as you work in teams to solve the mystery during this entertaining cruise aboard a Waterways yacht. A delicious 3-course plated lunch will be served. Full service bar available for the purchase of specialty cocktails, wine, beer and non-alcoholic beverages. **Must sign up by 6/10 to secure reservations.**

Multnomah Falls

Thur., July 10 41851 8am–8pm
Resident \$44 / Non-Resident \$53
Bring lunch and snack \$

Just across the Columbia River lies an array of waterfalls, including Multnomah. At 620 feet, it is the second tallest natural waterfall in the United States. Enjoy lunch a Multnomah Falls, followed by 90 minutes of exploring hiking trails on your own.

Lynden Raspberry Festival

Fri., July 18 41852 9am–5pm
Resident \$26 / Non-Resident \$31
Bring lunch \$

NEW! Celebrate the largest harvest of raspberries in North America, approximately 2/3 of the nation's total production. Mid-July is the peak time to get your share of Lynden's bountiful crop of red raspberries while enjoying the summer sunshine and a variety of family-friendly activities at the annual downtown celebration.

Seattle Food Tour

Thur, July 24 41853 11am–3:30pm
Resident \$63 / Non-Resident \$67

NEW! Embark on an intimate guided food tour of the world famous Pike Place Market. Explore back alleys, narrow corridors and tiny storefronts in search of the best that the market has to offer. A local guide will share stories of the market's checkered history, its legendary characters and one of a kind small businesses. The walking tour of Pike Place Market features 8 delicious tasting stops. **Must sign up by 7/10 to secure reservation.**



Black Diamond/ Mount Rainier

Thur., Aug 7 41855 9am–6pm
Resident \$35 / Non-Resident \$42
Bring lunch \$+ \$5 Park admission

Feast on a hearty brunch at the Black Diamond Bakery and Café en route to Paradise Inn at Mount Rainier. Take a leisurely hike, enjoy the breathtaking views and explore the visitor center and Inn at this popular destination.



Whale Watching on the Victoria Clipper

Mon., Aug 18 41856 6:45am–8:15pm
Resident \$154 / Non-Resident \$165
Bring lunch \$

NEW! This scenic cruise begins in the Puget Sound and beautiful Deception Pass to an area world-renowned for its resident pods of Orca Whales. An onboard naturalist will take you on a whale and sea life search where in addition to whales you will search for migratory birds, Bald Eagles, Dall's Porpoise, seals, otters and other area wildlife. You will enjoy a 2 hour stop-over in Friday Harbor where you will be able to get a quick lunch and explore the town. Limited Food is available for purchase onboard or you are welcome to bring your own snacks; the Friday Harbor stop is at approximately 2pm. **Must sign up by 7/18 to secure reservation.**

Mystery Trip

Fri., Aug 22 41841 8am–5:15pm
Resident \$31 / Non-Resident \$37
Bring lunch \$

NEW! Don't be surprised if you get really carried away on this trip! Please bring \$4 cash for this trip.

Newhalem Walking Tour

Thur., Aug 28 41857 8:30am–7pm
Resident \$38 / Non-Resident \$46
Bring lunch and snack \$

NEW! Step back in time on this historic walking tour of the company town of Newhalem. Learn about the town's colorful past and how Newhalem still thrives today, supporting operations at the Skagit River Hydroelectric Project.

Van Trip Registration & Policy

1. Cancellations requested more than one week prior to the Van Trip are subject to a \$10 processing fee. Cancellations requested less than one week prior to the Van Trip receive a 50% credit on the account, less a \$10 administrative fee. Cancellations requested Van Trip day receive no refund or credit.
2. Pre-purchased tickets are non-refundable. This includes all special events. (Theater, movies, cruises, etc.)
3. All van trips depart promptly from the west side of the Peter Kirk Community center. Please arrive 10 minutes prior to scheduled departure, as no refunds will be issued for missed rides.
4. Van trip return times are estimated and may vary depending on traffic, etc.
5. Home pick-up and take-home is available for Kirkland residents who live within the City limits, if requested in advance. A donation of \$2.00 each way is suggested. To request home pick-up, call 425.587.3363 no more than 2 weeks before the trip and no later than 24 hours in advance. Driver will call one day before the trip with your pick-up time. All others meet the bus at the Center.
6. Trip participants must be independently mobile or accompanied by a caregiver on all van trips. Caregivers must register and pay the same applicable van and admission fees. Wheelchair space is limited. If you require wheelchair or walker accommodations, please specify at time of registration.

The Parks and Community Services Department offers a variety of rental facilities.
Indoor and outdoor facilities are available for private functions such as receptions, anniversaries, birthdays, or graduation celebrations.

KIRKLAND RENTAL FACILITIES

Rental information, policies, and applications: www.kirklandwa.gov/depart/parks/Facility_Rentals.htm Call ahead to check availability.

INDOOR FACILITIES

Heritage Hall

203 Market Street

- **Occupancy:** 70
- **Features:** Hardwood floors and uplit cove ceiling.
- **Rental fees include:** use of 12 six-foot tables, 3 four-foot tables and 70 chairs.

Reservations are required a minimum of 1 month in advance. For more information, call 425.587.3398.



North Kirkland Community Center

12421 103rd Avenue NE

- **Occupancy:** 245
- **Features:** Hardwood floors, ambient windows & full kitchen.
- **Rental fees include:** use of 20 six-foot rectangular tables, 12 five-foot round tables, and 175 chairs.

Reservations are required a minimum of 1 month in advance. For more information, call 425.587.3350.



Peter Kirk Community Center

352 Kirkland Avenue

- **Occupancy:**
Multi-purpose Room: 150
Smaller meeting rooms: 50
- **Features:** Hardwood floors, ambient windows & full kitchen.

Reservations are required a minimum of 1 month in advance. For more information, call 425.587.3360.



For Parks Not Listed:

For information regarding parks not listed, call 425.587.3398 or email kball@kirklandwa.gov

School Sites:

For information regarding outdoor use of Lake Washington School District fields and/or green/lawn areas, call 425.587.3342 or email nosborn@kirklandwa.gov

OUTDOOR FACILITIES

Marina Park Pavilion

25 Lakeshore Plaza

- **Occupancy:** 100
- **Features:** Open air, lakeside, beautiful view
- Park / Lawn area not available for private rentals–Pavilion Only

Reservations are required a minimum of 1 month in advance. For more information, call 425.587.3398.



Peter Kirk Pool

340 Kirkland Avenue

- **Occupancy:**
Main Pool: 230, Wading Pool: 40
- **Features:** Lifeguard, pool toys, and deck space

Reservations are required 72 hours in advance. For more information: 425.587.3330.

www.kirklandwa.gov/aquatics



Picnic Shelters

Everest Park

500 Eighth St South

Rose Hill Meadows Park

8212 124th Ave NE

N. Rose Hill Woodlands Park

9930 124th Ave NE

OO Denny Park

12032 Holmes Pt Dr NE

Reservations are required a minimum of 1 month in advance. For more information, call 425.587.3398.



Athletic Fields

Crestwoods Park

1818 Sixth Street

Everest Park

500 Eighth St South

Juanita Beach Park

9703 NE Juanita Dr

Lee Johnson Field at

Peter Kirk Park

202 Third Street

132nd Square Park

13159 132nd Ave NE

For more information, call 425.587.3342.



Volunteer To Restore Our Natural Areas

GREEN KIRKLAND PARTNERSHIPS

Join us to lend a hand removing invasive species from and planting native plants in Kirkland's forests and natural areas.

Volunteer events are family friendly. No experience needed to volunteer.

All the tools and materials are provided. Dress for the weather and bring a water bottle to the event.

Made possible by



2014

FEATURED EVENTS

Crestwoods Park

Saturday, March 8th

Juanita Bay Park

Saturday, April 26th

Earth Day Event

Kiwanis Park

Saturday, May 17th

Carillon Woods

Friday, June 20th

Cotton Hill Park

Saturday, July 26th

Watershed Park

Saturday, August 23rd

Juanita Heights Park

Saturday, October 18th

Everest Park

Saturday, November 8th

Arbor Day Event

***All events are held from
10am to 2pm.**

Learn more and register

www.greenkirkland.org

SUMMER CAMPS

Something fun for everyone!



STUDIO EAST

Summer Theater Programs

**Performance & Technical Training
for ages 4-19**

Productions · Beginner to Advanced Levels

Acting · Musical Theater · Improv

Behind-the-Scenes Stagecraft

Storytelling · Stage Combat



details &
registration
online at
studio-east.org

Studio East's 17th Annual SUMMER TEEN MUSICAL at Kirkland Performance Center...

SHREK THE MUSICAL

July 25 - Aug 3, 2014

Tickets: \$16 • www.kpcenter.org or call 425-893-9900



Kirkland Parks &
Community Services
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Kirkland, Washington 98033

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Kirkland Parks



BEACH VOLLEYBALL

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YOUTH SUMMIT MARCH 27 2014

"ASCEND TO YOUR FUTURE"

PAGE 34



NEW LOCATION!
**TENNIS CAMPS NOW
AT JUANITA BEACH**

Ages 7-14

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Don't sit at home all break!
Come out for some fun!

APRIL 7-11

SPRING BREAK CAMPS



Rhythmic Gymnastics
& Creative Dance Camp
Girls Ages 5 to 12



Lego® Jedi
Engineering Camp
Ages 5 to 7



Advantage
Basketball Camp
Ages 6 to 17



Skyhawks
Soccer Camp
Ages 6 to 12

SEE PAGE 5